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FRIDAY'S JACKPOT
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$30 MILLION
estimated

Rediscover Life's Simple Pleasures

All not bad on childhood obesity front

HEALTH There's a little bit of good news on the childhood obesity front.

A new Canadian study has found that rates of high blood pressure among Canadian kids are "remarkably low."

That's despite the fact that there are record levels of obese and overweight children and teens, and obesity and high blood pressure are generally thought to go hand in hand.

The findings, from Statistics Canada's Canadian Health Measures Survey, showed that just fewer than one per cent of kids had elevated blood pressure levels and another two per cent had blood pressure readings that were borderline high.

THE CANADIAN PRESS

GETTY IMAGES PHOTO

A Thai anti-government Red Shirt protester weeps yesterday as the movement's leaders say their protest must end, while Thai military forces advanced on their position in Bangkok, Thailand. Reports said at least six people were killed during rioting yesterday.

Bangkok burns

City under curfew as troops crush anti-government protests

Buildings blazed across central Bangkok early today, torched by rioters after army troops routed anti-government protesters to end a two-month siege — Thailand's deadliest political violence in nearly 20 years.

The government quelled most of the violence in Bangkok, but not the underlying political divisions that caused it, and unrest spread to northern parts of Thailand.

Prime Minister Abhisit Vejjajiva imposed a nighttime curfew in the capital and 23 other provinces and said his government would restore calm. Although leaders of the Red Shirt demonstrators surrendered, sporadic clashes between troops and remaining protesters continued well after dark.

Bangkok's skyline was blotted by black smoke from more than two dozen buildings set ablaze — including Thailand's stock exchange, main power company, banks, a movie theatre and one of Asia's largest shopping malls.

At least six people were killed in clashes that followed the army's storming of the protest camp yesterday. Witnesses said another six to eight bodies were in a temple where hundreds of demonstrators had sought sanctuary.

With top Red Shirt leaders in custody, it was unclear what the next move would be for the protesters, who had demanded the ouster of the prime minister's government, the dissolution of parliament and new elections. The protesters, many of them poor farmers or members of the urban underclass, say Abhisit came to power illegitimately and is oblivious to their plight.

THE ASSOCIATED PRESS

Dead and wounded

• Since the Red Shirts began their protest in mid-March, at least 74 people — mostly civilians — have been killed and nearly 1,800 wounded. Of those, 45 people have died in clashes that started May 13 after the army tried to blockade their three-square-kilometre camp.

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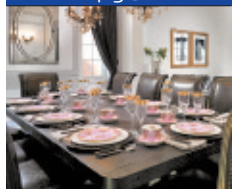
Homes pg 34



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SOCKER watering can $6.99. Galvanized for rust resistance, steel. H15cm. 2.6L.

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SCANLIFE

Local

Queen to visit the Queen City

The Prime Minister's Office says the Queen and Prince Philip will visit five cities in June and July and be in Ottawa for Canada Day. The nine-day visit, the Queen's 22nd official tour, begins in Halifax June 28 and ends with a three-day stop July 3-6 in Toronto and Kitchener-Waterloo. In between, the royal couple will spend June 30 to July 3 in Ottawa before flying for a brief stop in Winnipeg. THE CANADIAN PRESS

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Tomorrow's Metro

Urban Compass

April Lindgren brings Metro readers the issues that are affecting Torontonians

metronews.ca

WHAT'S ONLINE TODAY

Video Find out what's hot on the web and in social networking with Mesh Conference wrap-up at **metronews.ca/local**

Video G20 security officials taking a close look at the firebombing of an Ottawa bank at **metronews.ca/canada**

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NATHAN DENETTE/THE CANADIAN PRESS

Howard Begley was the first to use Toronto's first pay toilet, located at Queens Quay Boulevard. It helps answer the call of nature and it cleans up afterwards — all for the price of a quarter.

Flush with pride over new automatic public toilet

It helps answer the call of nature and it cleans up afterwards — all for the price of a quarter.

Welcome to Toronto's first automated public toilet, opened by city officials yesterday at a waterfront location. It's expected there will eventually be 20 such toilets in various locations across the city.

Users must insert a quarter or a token and will then have 20 minutes of privacy in the automated outhouse. The time remaining is counted down by a three-step audible warning and a blinking light.

Once the person exits, the unit seals itself and begins a cleaning cycle.

City officials say sensors in the unit will be able to detect if anyone remains in the unit past the 20-minute mark, and help could be summoned in the case of an emergency.

NATHAN DENETTE/THE CANADIAN PRESS

An insider's view of Toronto's first pay toilet.

All the units will be wheelchair accessible and climate controlled, and Mayor David Miller said they will "provide comfort and convenience" for both residents and visitors.

The toilets are part of a larger deal with Astral Media Outdoor to provide the city with about 25,000 new pieces of street furniture over the next 20 years. The furniture includes co-ordinated benches, bike racks, litter and recycling bins, and transit shelters. Astral will in turn profit from advertising on the shelters.

Officials say units will be regularly maintained and service people will check them three times a day.

Many large cities outside Canada have been using such public toilets for years. Those behind Toronto's new privy consulted with a number of those cities to find out which design would work best.

"The unit we have selected will offer a clean and secure indoor environment and is equipped to operate year round," said Luc Sabbatini, president of Astral Media Outdoor.

Toronto's toilets will be placed in high-traffic areas and officials say the pay-for-use model should reduce undesirable activities. THE CANADIAN PRESS

Tolls among 16 proposed ways to pay for Transit City

TRANSPORTATION Road tolls, gas taxes and parking surcharges could generate $1 billion each annually toward transit improvements in the Toronto region, according to a report issued by the Toronto Board of Trade yesterday.

Aimed at raising the issue in this fall's municipal election, the report outlines but doesn't recommend any 16 potential money-makers.

One or a combination could help pay for the $2-billion annual transit investment Metrolinx has recommended in each of the next 25 years, said board of trade president Carol Wilding. "It's time we recognize the real debate and start getting realistic about how we are going to pay for it," she said.

"It's a difficult conversation ... (but) the public is ready to have that dialogue." TORSTAR NEWS SERVICE

News in brief

SURVEY Canadians would rather give up junk food, coffee, television and, some of them, sex rather than park their cars, a World Wildlife Fund poll suggests. "It confirms that Canadians have a deep-seated attachment to our cars," Josh Laughren, WWF director of communications, said yesterday. "Cars aren't just a method of transportation. They're a place of comfort. For men, in particular, it's an expression of our personality." Overall, two per cent of Canadians decided they would rather give up sex and only one per cent chose driving, with Ontarians, people older than 50 and women most willing to go celibate rather than carless. TORSTAR NEWS SERVICE

PSA
What's your number?
Talk to your doctor after age 40 about testing for prostate cancer, the most common cancer to afflict Canadian men.
whatsyournumber.info

Lecturers coming to ROM for Chinese sculpture exhibit
The Warrior Emperor and China's Terracotta Army exhibit at the Royal Ontario Museum, set to run from June 26 to December, is highlighted by a lineup of lectures delivered by world-renowned speakers. Visit www.rom.on.ca. METRO NEWS SERVICES

Protests fail to get premier moving

Fitness enthusiasts slam plan to add HST to sports, gym memberships

Worked-up fitness enthusiasts exercising in protest of the HST aren't finding a training partner in Premier Dalton McGuinty.

They sweat, stepped, shadowboxed and lunged in front of the legislature, but McGuinty refused to budge on applying the HST to gym memberships, after-school sports and bicycles.

"There are all kinds of things that you'd like to be able to exempt, but at some point in time, you've got to worry about your bottom line — especially when you're running a $21.3-billion deficit," the premier said.

About 70 demonstrators took part in the group workout on the front lawn to protest the HST, some carrying signs with the slogans "It's cheaper to be fat in Ontario" and "Stop the fitness tax" as they bobbed along to the fist-pumping dance beat.

"If they're going to exempt fast food under $4, what type of message is that creating?"
Jennifer Chong

The governing Liberals are leaving the HST off doughnuts, coffee and fast-food meals less than $4, but the tools for a healthy lifestyle will be eight per cent more expensive starting July 1, said Jennifer Chong, 43.

"If they're going to exempt fast food under $4, what type of message is that creating for the people out there?" said Chong, a Toronto fitness club owner.

"Yeah, go ahead, eat food that's probably not very good for you. But we don't really want you to work out. Not the best message."

MARIA BABBAGE/THE CANADIAN PRESS

Fitness enthusiasts protest the HST yesterday at Queen's Park. Fitness and gym workers rallied outside the provincial legislature to protest the harmonized sales tax, which will be added to fitness and sports programs beginning July 1.

Ultimately, fitness clubs will benefit from the shift to a harmonized tax, even though the cost of a membership will go up, McGuinty said.

The HST will create jobs and clubs will get tax credits when they buy new equipment, he said.

"I think all those folks who work at those fitness centres also want to make sure that people have jobs, because when we have jobs, then we have disposable incomes so that we can take advantage of these fitness centres," McGuinty said.

But keeping costs down for sports and gym memberships will save the province a lot of money, fitness enthusiasts argue. It means fewer trips to hospital and sick days at work. THE CANADIAN PRESS

School board could lend art collection to its classrooms

ART They're opening the vault.

Some of the most valuable works of art owned by the Toronto school board could soon be loaned out to classrooms for students to see and learn from, trustee Gary Crawford told the Toronto Star in an exclusive interview in advance of an announcement today about the collection's future.

"We want to make it accessible to students and accessible to teachers as a learning tool," he said. "It's amazing that students could have a Tom Thomson or an Emily Carr on the wall ... they'd have an opportunity to see it in a different environment," he said, adding proper security would be in place.

The board has a collection of one million historical artifacts and archival items including photos, maps, decorative arts, pictures and paintings, some by the famed Canadian Group of Seven.

One plan is to have an online catalogue so teachers can see what is available, said Crawford, who noted the board would first have to approve such a move.

"We could have a loan program and bring those objects into a school," said Crawford, himself a Scarborough-based artist. "These are huge tools for teachers and for learning." TORSTAR NEWS SERVICE

Zoning rules block proposed group homes: Advocates

CARE Zoning restrictions undermine Toronto's goal of providing more group homes, advocates told the city's planning and growth committee yesterday.

Paul Dowling, of the HomeComing Community Choice Coalition, said restrictions should come out of the proposed city-wide "harmonized" zoning bylaw before it heads to council for approval in July. The rules block even the city's own Toronto Community Housing Corp., Dowling said.

TCHC invited social housing providers last month to look at acquiring up to 27 of its houses. One is an eight-bedroom home ideal for agencies looking to develop group homes for people with disabilities, or people with special needs. But the proposed bylaw won't permit this because it is semi-detached, Dowling said.

In another case, only one of three TCHC homes on the same street qualifies because the rules require a 250-metre separation. TORSTAR NEWS SERVICE

Prince of Darkness meets faithful at Casa Loma

MUSIC Ozzy Osbourne says his mythical persona as the black-clad, bat-chewing Prince of Darkness comes with certain constraints.

For one thing, the 61-year-old godfather of metal says he might like to branch out musically, but he's not sure fans would accept it.

"Being Ozzy Osbourne has its restrictions," the British rocker told The Canadian Press in an interview yesterday at a posh Toronto hotel.

"I'd like to explore other musical areas, you know, but it's very difficult, 'cause they all want you to sing about death, Satan and hell, you know?"

Of course, Osbourne — good-natured chap that he seemingly is — happily obliges. His upcoming solo record, Scream, is 11 songs of throwback heaviness. But 10 records into a solo career he began with 1980's Blizzard Of Ozz, Osbourne still seems bemused by the urban legends that continue to surround him.

"I suppose, in one way, (The Osbournes) shattered a few dreams in the respect that people thought I lived in a castle in Bavaria and slept upside-down on rafters and ... hooted and howled looking for my next bat. You do become kind of typecast." THE CANADIAN PRESS

JOHN K. KNAPP/FOR METRO TORONTO

Ozzy Osbourne autographs the back of fan Kurt Kuthe yesterday at Casa Loma while Osbourne's wife, Sharon, looks on during a preview of his new album Scream. The Toronto man plans to have the star's signature tattooed. The album is out June 22.

News in brief

SHOOTING A publication ban was granted yesterday during a bail hearing for the accused charged in the murder of 15-year-old Devonte Gondwe-Prosper. Sheronnie Thomas appeared in North York court charged with first-degree murder. The 18-year-old smiled and waved to his mother and then nodded his head in agreement when she motioned across the courtroom if he was alright. He was remanded in custody until June 24 when he will appear by video. TORSTAR NEWS SERVICE

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GO bus lanes on DVP going to council for debate
Toronto city council is going to be asked to let GO buses have their own lane on the Don Valley Parkway. A plan from the public works committee will go to council for debate next month. **CBC NEWS ONLINE**

Trinity-Bellwoods **Balancing act**

ROGER CULLMAN/FOR METRO TORONTO

Roger Baker walks the slack line he set up yesterday between two trees at Trinity-Bellwoods Park.

Minister confident in summit security

City bankers working to ensure safety

"Thugs" who firebombed a bank branch this week pose no danger to the G20 and G8 summits in Toronto and Huntsville next month because Canada's security is being run by the best in the business, says the public safety minister.

"The government of Canada has a comprehensive approach to security planning, and we are on track to host safe and secure G8 and G20 summits," Vic Toews said in a statement yesterday.

An anarchist group claimed responsibility for the Royal Bank firebombing in Ottawa, and has threatened destruction at the June meetings.

"We are on track to host safe and secure G8 and G20 summits." Public Safety Minister Vic Toews

Thousands of delegates, journalists, interest groups and protesters will fill the streets of Toronto on the last weekend of June. The summits will bring together the most powerful leaders in the world to Ontario.

Banks have frequently been the targets of vandalism at recent summits, especially in the wake of the global financial crisis.

In Toronto, bankers have been working with government, security and property management officials for months to ensure the downtown area is safe, said Maura Drew-Lytle, spokeswoman for the Canadian Bankers Association.

Some of the big bank towers in the financial sector will be inside the summit security perimeter, and others will be just on the outside of the fence, she said.

THE CANADIAN PRESS

MORE COVERAGE, PAGE 9

TONY BOCK/TORSTAR NEWS SERVICE

Some of the big bank towers in Toronto's financial district will be protected within a security perimeter during the G20 summit.

Publication ban in Tori Stafford case extended

COURT A controversial publication ban in the case of a woman charged in the death of eight-year-old Tori Stafford — branded a gag order by critics — was extended yesterday.

The sweeping ban raised hackles across the country when it was brought in April 30, with front-page newspaper editorials lambasting it as going too far. Experts in media law called the extent of the ban unusual and one that would simply fuel rampant speculation.

Justice Dougald McDermid heard arguments to vary the ban Tuesday and delivered his order and reasons in open court yesterday.

Immediately afterward, counsel told the court it would seek to appeal the order to the Supreme Court of Canada, and as a result McDermid extended the sweeping ban.

As he did April 30, McDermid issued a hand-written order of what information was publishable, which gave some indication as to why he granted the extension.

"To fail to grant the stay ... would render moot the issue of whether the order is correct in law and therefore has the potential to result in miscarriage of justice," he wrote.

Tori failed to return home from school April 8, 2009, setting off a desperate search.

Terri-Lynne McClintic, 19, and Michael Rafferty, 29, were arrested the following month and charged with first-degree murder and kidnapping.

THE CANADIAN PRESS

Clogged pathway bars boaters

BLUFFS Scarborough Bluffs boaters are looking at a disappointing Victoria Day weekend as their pathway into the lake is clogged with silt.

With a mild winter resulting in low water levels, there's barely enough depth for boats to leave the marina.

The Bluffers Park section of Lake Ontario is home to four boat clubs, which share a channel to get out on open water.

This year, water levels in the lake are about 27 centimetres below average. That's not a drastic fluctuation for the lake as a whole, but it means a lot for the channel, which is the settling ground for sand from the eroding bluffs.

"I don't want to risk hitting a rock," said Trevor Lachapelle, a member of the Cathedral Bluffs Yacht Club for two years. He and his wife own a cabin cruiser power boat. It has a 50-centimetre draft, the depth of water needed for the boat to float.

"It's too shallow," said Lachapelle, who was at the club last weekend. He saw a few sailboats attempt the channel, only to have to be pulled back in.

"It's not worth the risk ... You could draw sand up through the cooling system into the engine."

Other boaters, determined to get their summer started had dinghies tow them out.

The canal will be dredged starting next week. TORSTAR NEWS SERVICE

Two airlines have applied to use island airport, says port authority

The Toronto Port Authority said yesterday that two airlines have applied to provide service using the Billy Bishop Toronto City Airport downtown. The airlines were not identified, but Air Canada has said it was interested in adding the island airport to its destinations. Porter Airlines is currently the only airline offering service using the island airport. THE CANADIAN PRESS

Gas pricing's 'mystery cents'

Reasons differ for stable pump costs amid drop in crude oil

The price of crude oil has fallen 19 per cent in the past two weeks but prices at the gas pump in Ontario have barely budged. Why?

It depends who you ask.

Everyone agrees the two don't always rise and fall in tandem, at least not in the short term.

But that's where the agreement ends.

Gas price watcher Dan McTeague says Canada's highly concentrated, poorly regulated oil industry is able to "tack on" what he calls "extra mystery cents" to the wholesale price of gasoline paid by gas retailers.

"While you'd think Canadian refiners would observe market forces, they don't have to," said the Liberal MPP for Pickering-Scarborough East. "That's why I'm getting a lot of letters from the public."

In a 16-day period this month, the price per barrel for crude oil plunged 19 per cent, yet the price for gasoline at the pumps in Toronto slipped just five per cent, according to Spencer Knipping, an oil industry analyst with the Ontario Ministry of Energy. The average retail price for a litre of gasoline in Toronto was 97.24 cents yesterday.

TONY BOCK/TORSTAR NEWS SERVICE

Gas price yesterday at Esso station on Mount Pleasant Road and Merton Street.

Here's what happened.

The price of crude oil lost ground as investors worried that the debt crisis in Greece could spread to other countries. That would put a crimp in demand.

That sent the price of crude oil down to $69.87 US a barrel, from a high of $86.19 US over the previous two-week period, according to Knipping's figures.

The wholesale price of gasoline, which trades on the North American market, also fell though it fell 16 per cent in New York but only 5.8 per cent in Toronto, according to Knipping.

Knipping said he couldn't explain why the Toronto wholesale gasoline market has been "more sluggish" in its response to changes in crude oil.

TORSTAR NEWS SERVICE

Crown saying 14 years for terrorist too lenient

COURT Terrorism is the height of criminal behaviour — eclipsing even first-degree murder — and prison terms must reflect the severity of the offence, Crown lawyers will argue before Ontario's highest court today, say court documents filed in advance.

The Crown is calling on the Ontario Court of Appeal to increase the sentence of Saad Khalid, a member of the so-called Toronto 18.

Khalid pleaded guilty last year to participating in a terror plot with the intention of causing an explosion. He was sentenced to 14 years, which amounts to seven more years in custody after credit for time served.

THE CANADIAN PRESS

Extra time

- Khalid was not the leader of the plot he was convicted in, so in this case the Crown says a further four to six years should be added to Khalid's sentence, making it 18 to 20.

Plan will make 250K jobs: Rossi

ELECTION Mayoral candidate Rocco Rossi says he'd create 250,000 new jobs during his first term. Rossi unveiled an economic plan yesterday:

- Replace Invest Toronto with another agency called Invest GTA, to create growth across the region.
- Consolidate "the alphabet soup of agencies" working on economic growth into one office reporting directly to the mayor.
- Tout Toronto-based bank performance in the recession, building the city's reputation as a world financial centre.
- Create real partnerships with Toronto's universities.
- Cut red tape for small business.
- Streamline planning and development to help construction.

Rossi didn't explain the formula used to come up with the 250,000 figure.

TORSTAR NEWS SERVICE

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Orlando $19
Travel Jun 13 - Jun 20/ts + taxes & fees $233

Cancun $85
Travel Jun 5 - Jun 12/wg + taxes & fees $287

Varadero $89
Travel Jun 14 - Jun 21/c6 + taxes & fees $214

Jamaica $95
Travel May 28 - Jun 4/wg + taxes & fees $278

New York $199
Travel Jun 21 - Jun 28/la + taxes & fees $101

Glasgow $249
Travel Jun 9 - Jun 22/ts + taxes & fees $406

Aruba $299
Travel Jun 21 - Jun 28/c6 + taxes & fees $248

Venice $299
Travel May 28 - Jun 5/az + taxes & fees $314

LA & San Francisco $359
Travel Jun 14 - Jun 28/dl + taxes & fees $133
Toronto – Los Angeles // San Francisco – Toronto

Hamburg $399
Travel Jun 9 - Jun 17/ts + taxes & fees $307

Hawai'i $529
Travel Jun 15 - Jun 23/dl + taxes & fees $126
Toronto – Maui // Honolulu – Toronto

Vacations

New York Weekend Air + 2 Nights $479
Affinia Shelburne + taxes & fees $102
INCLUDES Manhattan accom. ADD Woodbury Common shopping tour for $44. Departs Jun 11/ggv/aa.

Orlando Family Special Air + 7 Nights $109◊
Champions World Resort + taxes & fees $235
INCLUDES accom near *Walt Disney World* Resort. Departs Jun 13/ggv/ts.

Las Vegas Air + 4 Nights 4-Star $289
Flamingo Las Vegas + taxes & fees $245
Departs Jun 20/swg/wg. UPGRADE to 5-star MGM Grand for $12 per night.

Spain, Torremolinos Air + 7 Nights $749
Sol Don Pedro + taxes & fees $305
INCLUDES airport transfers and 4-star accom across the beach with breakfast. Departs Jun 13/vat/ts.

Honolulu Air + 7 Nights $779
Aqua Aloha Surf Hotel + taxes & fees $124
INCLUDES accom in Waikiki with breakfast. Departs Jun 2/ggv/dl.

Italy Air + 4 Nights + Rail $999
H10 Roma Citta & Hotel Principe + taxes & fees $314
INCLUDES air into Rome and return from Venice, first 2 nights 4-star accom in Rome with breakfast, last 2 nights 4-star accom in Venice with breakfast & 5-day Eurail Italy Pass to explore Italy. Travel May 23 - Jun 19/ggv/ts.

Youth Tours

Australia Beaches & Reefs 14-Day Tour
was $1750 now $1600
Beaches & Reefs taxes & fees included
HIGHLIGHTS Sydney, Coffs Harbour, Byron Bay, Surfers Paradise, Brisbane, Noosa, Fraser Island, Country Homestead, Whitsundays and Cairns. Departs Sydney. Various departures Jul 11 - Oct/ctk.

Egypt Essential Egypt 8-Day Tour was $605 now $575
Essential Egypt + local payment $180USD
HIGHLIGHTS Aswan and Luxor plus excursions to Abu Simbel, Valley of the Kings, Karnak Temple, the East Bank and Egyptologist guides. Roundtrip Cairo. Departs Sundays Jun - Nov/tpd.

India Taj Traveller 8-Day Tour was $1249 now $1099
Taj Traveller taxes & fees included
HIGHLIGHTS Old Delhi, Red Fort, Jama Masjid, Raj Ghat, New Delhi, Qutab Minar, Jaipur, Amber Fort, Keoladeo Ghana National Park, Perharsar Village, Bharatapur, Fatehpur Sikri, Agra and Taj Mahal. Roundtrip Delhi. Various departures Sep - Dec/otg.

China Express 7-Day Tour was $1379 now $1229
China Express taxes & fees included
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Cancun 7 Nights 4.5-Star $535
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Whitby wall collapse kills worker
A 26-year-old construction worker was fatally buried yesterday when a wall collapsed at a Whitby garage project. The concrete retaining wall gave way at a home on Garrard Road at 11:30 a.m., Durham police said. TORSTAR NEWS SERVICE

Social network for sick kids

Local hospital envisions making Upopolis 'a standard'

Christina Papaevangelou spent too much time in hospitals as a teenager and learned how isolating and lonely the life of a patient can be.

She was 15 when she contracted a strange illness and was eventually diagnosed with toxic shock syndrome, requiring a long hospitalization. She remembers how scared she was, surrounded by strange smells, noises and equipment, and how "not so great things are happening to you."

Later, one of her best friends was diagnosed with a rare form of cancer and, while Papaevangelou wanted to visit her more regularly, her friend was being treated about an hour away.

When Papaevangelou, now 24, was in hospital in 2002, there was no Facebook, MySpace or Twitter, although instant messaging was all the rage. After her recovery, she wanted to find a way to give back and thought it would really help young patients cope during treatment if they could get Internet access while being stuck in hospitals.

Years later, that idea has sprouted into Upopolis, a social networking site designed specifically for young people in hospitals.

"It's a chance to meet other kids who have a similar diagnosis or just other kids who ... understand what its like to be in a hospital." Riann Horan, child life specialist

"Kids on one side of the country who have a very rare illness or are going through a very difficult time with a particular disease can connect with and talk to another patient at another hospital across the other side of the country, who may be a bit further along with their treatment and they can talk back and forth about what to expect," Papaevangelou said.

"It really is more than just the social network — much more actually — it's kind of a place where patients can meet other patients, support each other through the difficult times they're going through and connect with people who really know (what it's like) or can relate to them."

Upopolis is connecting patients at six hospitals so far. It's been a few months since Upopolis signed up Toronto's Hospital for Sick Children and it's been a smash success.

"We have 20 laptops right now and we're possibly getting a few more, because right now we're at capacity every day and sometimes we have a waiting list," said Riann Horan, a child life specialist, who added that an average of 20 to 25 patients log on daily.

"We envision it being something that almost becomes a standard: You come into the hospital and somebody explains to you about Upopolis and you get an account almost automatically, so you have that opportunity to log on and connect with other kids.

"The kids are loving the program. They're finding it's a chance to meet other kids who have a similar diagnosis or just other kids who are the same age or have the same interests and understand what its like to be in a hospital."

THE CANADIAN PRESS

Who watches the watchdog? Iggy says some accountability a 'waste'

POLITICS Michael Ignatieff says Canadians want accountability from their MPs, but he's not sure they want to see every restaurant receipt politicians submit.

Speaking with reporters in Calgary, the Liberal leader and MP for Etobicoke-Lakeshore addressed a controversy surrounding an all-party board of internal economy decision to block auditor general Sheila Fraser from looking at MPs' expenses.

"People can look at whatever you want. I'm just saying there's accountability that is in itself a waste of public money." Liberal Leader Michael Ignatieff

Ignatieff cracked the door to Fraser's request, but stopped short of swinging it wide open.

Michael Ignatieff

"I understand what Canadians are saying — they want accountability and transparency — but I don't think they want us to be going through our receipts for this meal and that meal," he said yesterday.

"People can look at whatever you want. I'm just saying there's accountability that is in itself a waste of public money."

He said he will discuss the issue with his caucus, but all four parties will have to make the decision together.

"There are four parties in the House of Commons and we need to work together to get this done — and we will."

The board says an audit is beyond Fraser's mandate and MP expenses are already reviewed by independent private accountants.

Fraser shot back in a letter to the Speaker last week. She said her mandate doesn't apply only to certain departments and agencies, but to "the accounts of Canada."

THE CANADIAN PRESS

Track Regional championship

TARA WALTON/TORSTAR NEWS SERVICE

Aaron Brown, right, of Birchmount Park High School sprints to victory in the 100-metre senior boys finals yesterday on the first day of the Toronto Metro regionals at Centennial Stadium.

Man accused of killing maid denied charge, ex-wife says

TRIAL A trusted painter accused of murdering a maid in a Mississauga mansion told his ex-wife another man killed her, a Brampton court was told yesterday.

Sylvia Chiraboga testified Fabian Loayza-Penaloza swore he never "touched" the maid but his friend, Cristian Figueroa "punched her bad and afterwards strangled her" during a robbery Oct. 1, 2007.

Chiraboga's ex-husband "always said he was sitting in his van in the garage," she said.

Loayza-Penaloza, 40, of Woodbridge and Figueroa, 37, of Toronto have pleaded not guilty to first-degree murder in the slaying of Jocelyn Dulnuan, 27. She was strangled with a thin braided copper wire wrapped twice around her neck.

Chiraboga is charged with being an accessory after the fact to murder as well as conspiracy to commit robbery. She's also charged with perjury in connection with her evidence at the preliminary hearing.

Chiraboga told police in 2007 she had a dream where her ex-husband — and not Figueroa — killed Dulnuan. Many of the dream's details were remarkably similar to what actually happened, court heard. TORSTAR NEWS SERVICE

Losing friends over privacy policy

FACEBOOK Thousands of Facebook users are planning to "defriend" the $24-billion social media corporation May 31.

That's because they're concerned not only about privacy and protecting their online identities, but also because Facebook is attempting to profit from their personal data.

They're worried that while users play the popular Facebook game Farmville, to name one example, marketers are plowing through their profiles looking for ways to milk user identities.

Loved Avatar? Listen to K'naan? Like to cook? Planning a vacation?

Facebook apparently is ready to market that information.

"Facebook does things with my data that they wouldn't do with me as a physical person and I think that's a very dangerous road to go down," says Toronto design strategist Matthew Milan, co-founder of QuitFacebookDay.com.

TORSTAR NEWS SERVICE

Contract awarded to widen stretch of Highway 407

A Toronto-based construction company is widening a nine-kilometre stretch of Highway 407 under a $19-million contract announced yesterday. Aecon Group Inc. says it will be adding two new lanes in each direction on a stretch between Highway 404 and Markham Road to the east. THE CANADIAN PRESS

Premier pushes pharmacare program

Ontario's controversial reforms cutting the price of generic drugs in half could help point the way to a national pharmacare program, Premier Dalton McGuinty said yesterday.

"I think that will very likely be a natural evolution from this debate. I think you're going to see many other provinces adopt the funding approach we are bringing when it comes to paying for our generic drugs."

The idea of a national pharmacare program was quashed by the former Liberal federal government six years ago as too expensive, but increased pressures on health-care budgets since show the idea is worth reconsidering, McGuinty said.

"We're going to have to find a way as we work together to ensure that our health-care system becomes sustainable, because, at present, it is not," added the premier, who championed a national pharmacare program along with B.C. counterpart Gordon Campbell in 2004. TORSTAR NEWS SERVICE

Pharmacists reiterate concerns

- Premier Dalton McGuinty's comments came as pharmacists held a news conference at Queen's Park reiterating concerns the drug reforms passed by the legislature this week could force some smaller drug stores to close, cut some services or start charging for them as the reforms cut an average of $300,000 from pharmacy revenues.

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Medical research volunteer pool drying up: Doctor

HEALTH A Toronto scientist says recruiting volunteers for his clinical research this year has become so difficult it could put his work in jeopardy.

Dr. David Jenkins, a researcher at St. Michael's Hospital, needs to recruit 400 volunteers with Type 2 diabetes to test whether diet can prevent health complications. Nearly three months after the group put out advertisements, only 70 volunteers have signed up.

"We put out advertisements, which last year would have pulled in a lot of people. But right now, we only have a trickle," said Jenkins. "We used to have a flood."

While there is no scientific explanation for the shortage, there may be a philosophical one: "I think everyone is becoming much busier in their lives," said Jenkins. "They just don't have the time to get involved in things outside of work and home."

The situation has become so bad, he fears he may have to return his $1.75-million grant to the Canadian Institutes of Health Research and Canola Council of Canada if he can't get enough volunteers in the time that funders have allotted for the work.

He is worried the lack of volunteers will set medical research and evidence-based medicine back years if such a trend continues. TORSTAR NEWS SERVICE

Depleted

- Most years, the limiting factor for research is grant money, not volunteers, said Dr. David Jenkins. This is the first time in his 30-year career he has seen the volunteer pool become so depleted — and many of his colleagues are seeing a similar trend.

Violent family dispute lands boy, 14, in court
A 14-year-old boy is facing charges after what police are calling a violent family dispute in Picton, south of Belleville. The boy is facing charges of robbery, two counts of assault with a weapon, assault, uttering death threats and weapons dangerous. THE CANADIAN PRESS

Canada

University honours GG

Gov. Gen. Michaëlle Jean, left, will get an honorary degree from her alma mater May 28. She is among 11 people who will receive the distinction from the Université de Montreal in the coming weeks. Jean earned her undergraduate degree at the university and taught Italian studies there in the 1980s.
THE CANADIAN PRESS

Aboriginals want a ban on drilling

ENVIRONMENT Northern aboriginals want oil drilling in the Beaufort Sea stopped until the health of the ecosystem can be guaranteed.

Inuvialuit leader Nellie Cournoyea says that after the Gulf of Mexico oil spill, she no longer trusts safety assurances from energy companies.

She says no permits should be granted until better systems are in place. THE CANADIAN PRESS

News in brief

COURTS A Milton man has been given a five-month jail sentence for a deadly road rage crash. Wayne Winsor pleaded guilty to dangerous driving causing death and failure to remain. The 2008 crash killed Tony Greco, 55, also of Milton. THE CANADIAN PRESS

Bank bombing 'a ritual,' expert says

PATRICK DOYLE/THE CANADIAN PRESS

A fire marshal sets up equipment in front of the firebombed Royal Bank branch in Ottawa.

The shadowy figures in black masks who firebombed an Ottawa bank branch are familiar to terrorism experts.

A communiqué posted on an Internet site linked the attack that trashed a Royal Bank outlet to lingering resentment over the Vancouver Olympics, native rights, the Alberta tarsands and the coming G8 and G20 meetings here.

It appears to be just the latest sign that various social concerns have melded into a larger anti-corporate struggle.

"It's not uncommon anymore to see multiple grievances expressed in these communiqués," said Paul Joosse, of the University of Alberta.

David Charters, a terrorism specialist at the University of New Brunswick, sees a connection between the latest attack and others tied to major global meetings. "(The attack) in some ways doesn't come as a surprise."

Experts say the firebombing is unlikely to alter security plans for the G8 summit in Huntsville and the G20 in Toronto next month. They anticipate most protesters will behave peacefully.

"It's something that goes with these big events now. It's almost like a ritual. You expect to see it," Charters said.

THE CANADIAN PRESS

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Man accused of hitting Hamilton officer with car arrested in Toronto

Hamilton police say a man accused of hitting a police officer with a car while fleeing a break and enter is in custody. Michael Ouellette, 36, was arrested in Toronto and returned to Hamilton, police say. THE CANADIAN PRESS

Fighting for your right to die at home

Caregivers need help: Society

Paul Carroll knows he and his wife Carolyn were luckier than many Canadians when it comes to palliative care.

When she was facing her final weeks of life in 2002 after being diagnosed with terminal lung cancer, Carolyn was able to enter a hospice that provided round-the-clock medical care in a home-like setting.

"We never thought about a hospital," said Carroll, 72, who looked after his wife in their Burlington apartment for as long as he could manage.

"Unless something terrible had happened, there was no way Carolyn was going to be dying in a hospital."

But the Canadian Cancer Society says too many people with a terminal illness do not get to choose the setting where their lives will end because palliative-care services and support programs for caregivers vary across the country.

It's a pressing issue the society decided to highlight in its annual report on cancer statistics, released yesterday.

"We do know that most terminally ill people do want to die at home," said Heather Chappell, the society's director of cancer control policy.

"There was no way Carolyn was going to be dying in a hospital."
Paul Carroll

"But what we saw in the report is about 55 per cent are dying in the hospital."

The society wants Ottawa to implement a national caregiver strategy that would extend compassionate care benefits to 26 weeks from the current six weeks.

It also wants Ottawa to establish a tax benefit to help families with costs.

THE CANADIAN PRESS

Cancer's deadly toll

- The Canadian Cancer estimates a family caring for a terminally ill cancer patient at home incurs costs of more than $1,000 a month on average, not including lost income from taking time off work.
- This year, an estimated 173,800 Canadians will be diagnosed with some form of cancer, up by 2,800 over 2009.
- 76,200 are predicted to die from the disease, an increase of 900 compared to last year.

CHUCK STODDY/THE CANADIAN PRESS

Gordon Campbell, right, leaves a cabinet meeting with his chief of staff Martyn Brown in 2001.

Was the 'fix in' for B.C. Rail?

TRIAL Gordon Campbell's Liberals intentionally set up the failure of B.C. Rail in order to sell the company to a friend of the premier, a defence lawyer alleged yesterday at a political corruption trial.

Martyn Brown, the premier's chief of staff, agreed under cross-examination that CN Rail executive David McLean was a key fundraiser for Campbell during the 1996 election campaign, but denied the other allegations.

Lawyer Kevin McCullough told Brown his client, Bobby Virk, would be testifying that the "fix was in" for CN Rail to obtain the assets of B.C. Rail.

"You'd be actually running the risk of getting unelected."
Martyn Brown

"I don't believe that's true," Brown replied before a B.C. Supreme Court jury in Vancouver.

McCullough then asked if the provincial government had engineered the B.C. Rail failure to gain public support for selling the railway.

Brown called the allegation "absurd."

"You'd be actually running the risk of getting unelected by doing something that would be very politically challenging," Brown said.

The allegations are unfolding at the trial of Virk and Dave Basi, former government ministerial assistants, charged with breach of trust and fraud.

The officials are accused of passing on government secrets around the privatization of B.C. Rail in exchange for cash, restaurant meals and a trip.

CN purchased the railway for $1 billion.

THE CANADIAN PRESS

Williams vows to fight Quebec

POLITICS Newfoundland Premier Danny Williams says he will ask the Supreme Court of Canada to review a ruling against the province in its fight to get AbitibiBowater to pay for an environmental cleanup.

Williams

A judge in the Quebec Appeal Court has denied the province's request for leave to appeal a Quebec Superior Court ruling on the cleanup. And Williams told the house of assembly the ruling came from a "biased" court and the province must keep fighting Quebec.

Liberal Leader Yvonne Jones pushed for answers on what the legal battle is costing the province.

THE CANADIAN PRESS

News in brief

TRADE Canada's western premiers are moving on to Japan, confident their trade mission to China has paid off. Gordon Campbell, Ed Stelmach and Brad Wall wrapped up a visit to China with a gala dinner. Stelmach says it's clear the New West has caught the attention of investors and businesses in China. THE CANADIAN PRESS

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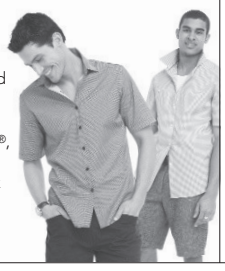

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Two killed in Quebec plane crash

Two people are dead after a small plane crashed yesterday on an island near Quebec City. Provincial police say the two other people who were on the Cessna 172 were seriously injured. The crash took place on l'Isle-aux-Grues, in the St. Lawrence River. THE CANADIAN PRESS

Quebec fuels abortion flap

Legislature demands end to feds' 'ambiguity' on issue

The Quebec legislature has taken aim at the Harper government over abortion and demanded a clear expression of support for a woman's right to choose.

Politicians on both sides of the legislature unanimously adopted, by a margin of 109-0, the pro-choice motion yesterday.

It demands the federal government continue to respect free access to abortion, end its "ambiguity" on the issue and stop cutting funding to women's groups that favour abortion.

A spokesman for Prime Minister Stephen Harper insisted the government would not be drawn into a debate over abortion.

"The prime minister has consistently said throughout his political career ... that our government will not initiate or support legislation that reopens the debate on abortion," said Dimitri Soudas.

109-0

The margin by which the Quebec legislature adopted the pro-choice motion.

The Harper government's refusal to fund abortions as part of a G8 maternal-health initiative is among several recent events that have reopened a debate that was largely absent from federal politics since the late 1980s.

Opponents say they fear a repeat of the strategy being used to kill the gun registry, where a backbench MP introduces a bill with support from the government.

Rod Bruinooge, a Tory backbencher, has introduced a bill that would penalize anyone who "coerces" a woman into ending her pregnancy against her will. THE CANADIAN PRESS

ADQ a no-show as opposition seeks inquiry

QUEBEC It was meant to be a powerful symbolic moment: Quebec's opposition parties, wearing white scarves outside the legislature yesterday, demanding a public inquiry into corruption.

But one of the opposition parties failed to attend.

The Parti Québécois, with the support of the one-member Québec Solidaire and a pair of Independent legislators, announced it would be tabling a parliamentary motion demanding an inquiry.

There has been a deafening demand for an inquiry into corruption in the province's construction industry — but the Liberal government of Jean Charest has refused to call one.

With that refusal, and with stories about questionable fundraising practices by the Liberals, Charest's popularity has taken a dive.

Still, the Action démocratique du Québec was a no-show at the event.

While ADQ Leader Gerard Deltell said he supports the idea of an inquiry, he cast yesterday's tactic as the first step in something more nefarious: A power-grab by the PQ. THE CANADIAN PRESS

CLEMENT ALLARD/THE CANADIAN PRESS

Quebec Opposition Leader Pauline Marois requests a government inquiry into the provincial construction industry yesterday in front of the legislature. From left are MLQ Amir Khadir, Marois, Eric Caire, Marc Picard and other MLQ members.

Arctic sea ice melting towards record: Expert

NORTH Arctic sea ice is on track to recede to a record low this year, suggesting northern waters free of summer ice are coming faster than anyone thought.

The latest satellite data show ice coverage is equal to what it was in 2007, the lowest year on record, and is declining faster than it did that year.

"Could we break another record this year? I think it's quite possible," said Mark Serreze of the National Snow and Ice Data Center in Boulder, Colo.

"We are going to lose the summer sea-ice cover. We can't go back."

Serreze pointed out the decline is likely to speed up even more in June and July. THE CANADIAN PRESS

News in brief

CHARGED A New Brunswick man has been charged in the death of his 23-month-old daughter who ingested methadone in January. Anthony Linfield, 25, of Havelock faces various charges including manslaughter. THE CANADIAN PRESS

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High-speed Net availability for all New Brunswickers soon to be reality

New Brunswick is poised to have high-speed Internet access available to all homes and businesses by the end of the month. The provincial government committed $13 million last year to provide broadband access to the 10 per cent of New Brunswickers who didn't already have it. THE CANADIAN PRESS

Bear attack prompts warnings

Be 'bear wise' say officials as man hospitalized after mauling

Natural Resources officials are warning people to be on the lookout for bears coming out of hibernation after a 48-year-old man was mauled by a black bear in cottage country just days before the Victoria Day long weekend.

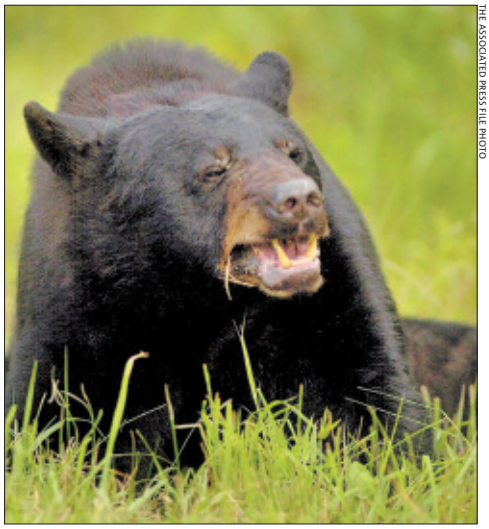
A hunt is on for the bear, and traps have been set, as the man recovers in Sunnybrook Hospital, where he was airlifted after the vicious attack in Severn Township, northwest of Orillia Tuesday night.

Provincial police say the man sustained serious, but non-life-threatening injuries and has lacerations to the right side of his body, including his foot, calf and forearm.

Const. Gerry Dwyer is urging residents to be on guard until the bear is caught.

"Keep pets indoors, kids indoors, use extreme caution in this area until this bear is located," Dwyer warned.

"Obviously, if anybody observes a large black bear call the OPP immediately at 911."



THE ASSOCIATED PRESS FILE PHOTO

A 48-year-old man is in hospital in Toronto after being mauled by a black bear in cottage country near Orillia Tuesday.

Jolanta Kowalski with the Natural Resources Ministry says it isn't known what prompted the attack.

She said bears and people can startle each other, although there are rare cases where a bear treats a person as prey.

She notes the Tuesday incident happened in a wooded, fairly remote area populated with hiking trails.

"The bears are waking up and they're now on the move, and as the weather gets nicer we're more on the move, and so the opportunity is there to encounter a bear, or any wildlife," she said.

The ministry advises people to be "bear wise," by removing things that attract black bears to populated areas.

Its website encourages people to store garbage in waste containers with tight-fitting lids and only put garbage out on the morning of pickup.

Bird feeders should be removed and only used during winter months since black bears are attracted to foods such as seed, suet and nectar used to feed birds.

Outdoor grills should be washed after each use, including the grease trap underneath.

More tips on bear safety can be found at www.mnr.gov.on.ca/en/business/bearwise.

THE CANADIAN PRESS

Norway firm rejects anti-oilsands push

ENERGY Statoil ASA may have resoundingly defeated a shareholder motion demanding the Norwegian energy firm leave Alberta's oilsands, but the topic was a central theme at the company's annual meeting yesterday.

"Statoil only has a minor, minor foot into the tarsands, but the issue totally dominated its annual general assembly," said Truls Gulowsen, with Greenpeace Nordic, in an interview following the four-hour meeting in Stavanger, Norway.

About 98.62 per cent of Statoil shareholders rejected a motion put forward by Greenpeace and the World Wildlife Fund demanding the company stop developing the oilsands.

But the environmental groups still hailed the results as a success, saying they received 10 times as many votes as they did last year, won the support of a number of investment funds and made the issue the meeting's focus.

Statoil is constructing a demonstration project called Leismer in Alberta's Athabasca region. The 10,000-barrel-per-day first phase is set to start up late this year or early next year.

THE CANADIAN PRESS

News in brief

WOODSTOCK Police in Woodstock say they've charged two sisters in an assault and robbery that occurred early Tuesday. Police say a 49-year-old man was tied up and assaulted by two women who then fled in his car. Later, a woman robbed a convenience store. The description of the suspect led police to believe the incidents were related.

ALBERTA Officials say a stubborn brush fire burning north of Edmonton for a week is finally being held. That means the flames haven't jumped over a fire guard despite strong winds and high temperatures.

THE CANADIAN PRESS

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Kidnapped German girls arrive home
The German government is confirming that two young German girls rescued after being held for a year by kidnappers in Yemen have arrived back home. THE ASSOCIATED PRESS

World

Texters, keep your eyes on the road

The U.S. and Russia launched a global safety campaign at UN headquarters yesterday urging drivers everywhere to put down their cellphones and focus on the road. U.S. Transportation Secretary Ray LaHood said drivers who send and receive texts take their eyes off the road for an average of four seconds, going the length of a football field without paying attention.

THE ASSOCIATED PRESS

N. Korea culpability in sinking 'obvious': Official

EVIDENCE North Korea is clearly responsible for the sinking of a South Korean navy ship and there is sufficient evidence to take the issue to the United Nations, South Korea's top diplomat said yesterday.

Foreign Minister Yu Myung-hwan's comments came a day before the release of a much-anticipated report on the incident and are the first by a South Korean official clearly saying North Korea was behind it.

Speculation has steadily increased that a North Korean torpedo brought down the 1,200-ton Cheonan March 26 in the Yellow Sea near the two countries' disputed western sea border. A total of 46 sailors from the 104-man crew died. The government launched a joint military-civilian probe with help from foreign countries. It has determined that a "strong underwater explosion generated by the detonation of a torpedo" caused the ship to split apart and sink, Yu said in a speech to Seoul-based European business executives.

46 A total of 46 sailors died when the Cheonan, a South Korean navy ship, sank March 26.

Asked later by reporters if North Korea sank the Cheonan, Yu replied, "I think it's obvious." He added, "We have enough evidence" to take the sinking to the UN Security Council." Yu declined to provide details ahead of the release of the report.

THE ASSOCIATED PRESS

K.M. CHAUDARY/THE ASSOCIATED PRESS

Protesters chant slogans yesterday during an anti-Facebook rally in Lahore, Pakistan.

Facebook access blocked in Pakistan

Pakistan's government ordered Internet service providers to block Facebook yesterday amid anger over a page that encourages users to post images of Islam's Prophet Muhammad.

The page on the social networking site has generated criticism in Pakistan and elsewhere because Islam prohibits any images of the prophet.

The government took action after a group of Islamic lawyers won a court order yesterday requiring officials to block Facebook until May 31. By last night, access to the site was sporadic, apparently because Internet providers were implementing the order.

In the southern city of Karachi, about 2,000 female students rallied demanding that Facebook be banned for tolerating the page. Several dozen male students held a rally nearby, with some holding signs urging Islamic holy war against those who blaspheme the prophet.

"We are not trying to slander the average Muslim," said the Facebook page. "We simply want to show the extremists that threaten to harm people because of their Mohammad depictions that we're not afraid of them."

THE ASSOCIATED PRESS

The page at the centre of it all

- The Facebook page "Everybody Draw Mohammed Day!" encourages users to post images of the prophet today to protest threats made by a radical Muslim group against the creators of South Park for depicting Muhammad in a bear suit during an episode earlier this year.

New violence in Kyrgyzstan injures dozens

ASIA Several thousand people tried to storm a university in Kyrgyzstan yesterday in a burst of ethnic violence that left at least two people dead and more than 70 wounded, prompting the interim government to call a local state of emergency.

Witnesses in the southern town of Jalal-Abad said thousands of ethnic Kyrgyz advanced on the private university that serves as the centre of the minority Uzbek community. They said gunfire broke out as crowds approached the building encircled by a cordon of special security forces. THE ASSOCIATED PRESS

News in brief

BALKANS Kosovo's feeble legal system is chasing away foreign investment, an international policy group said yesterday. The International Crisis Group said in a report that the country "struggles with uneven rule of law and a weak justice system that is failing its citizens."

THE ASSOCIATED PRESS

Entrepreneur, housewife, divorcee: These French Muslim women are against the veil ban.
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Crackdown on dissent continues in Belarus
A newspaper editor and two opposition activists have been arrested in the latest crackdown on dissent in the ex-Soviet nation of Belarus, a rights group said yesterday. THE ASSOCIATED PRESS

Unpredictable slick, complicated cleanup

OIL Scientists are anxiously awaiting signals about where a massive oil slick in the Gulf of Mexico may be heading, while containment of the looming environmental catastrophe proves elusive.

With fears growing that the gushing well could spread damage from Louisiana to Florida, Interior Secretary Ken Salazar told a Senate panel Tuesday his agency had been lax in overseeing offshore drilling activities and that may have contributed to the disastrous spill.

"There will be tremendous lessons to be learned here," Salazar said in his first appearance before Congress since the April 20 blowout and explosion on the Deepwater Horizon rig that killed 11 people.

"What we're basically trying to do is protect the whole coast at one time."
Admiral Thad Allen, U.S. Coast Guard

U.S. Coast Guard Admiral Thad Allen told another committee that the growing size and scattershot nature of the spill were creating "severe challenges" in containing it and cleaning it up.

He called it more complicated than any spill he's ever seen.

"What we're basically trying to do is protect the whole coast at one time," Allen said.

THE ASSOCIATED PRESS

News in brief

DRUGS U.S. President Barack Obama praised Mexican President Felipe Calderon's tenacity in fighting drug cartels but acknowledged yesterday that the U.S. has a big role to play in combating the drug trade as well, calling it "a problem that the United States has to address." THE ASSOCIATED PRESS

ED REINKE/THE ASSOCIATED PRESS

Republican Senate candidate Rand Paul — popular among members of the anti-establishment Tea Party movement — addresses supporters Tuesday in Bowling Green, Ky.

Near the boiling point

"We've come to take our government back."

Those triumphant words from Rand Paul, a Tea Party candidate who trounced his Republican rival in a Kentucky primary Tuesday night, might seem aimed primarily at Democrats, given they control both the White House and Congress.

But Rand's verbal smackdown of establishment politics is making Republicans equally nervous about the mid-term elections looming in November while a bout of anti-incumbent fever continues to sweep the U.S.

"It suggests real trouble for both parties, but Tea Party candidates are going to win in traditionally Republican districts, and then they'll be in the Republican caucus in the Senate," said Cal Jillson, a Southern Methodist University political science professor.

The Republicans will then have to deal with something that's vexed U.S. President Barack Obama since he took office: Uniting the disparate members of their party on a wide range of issues in order to pass or stop legislation.

THE ASSOCIATED PRESS

Rebel leader 'not welcome' in Chad: Minister

AFRICA Chad denied entry to the leader of Darfur's most powerful rebel group yesterday, stranding him at the airport and preventing him from rejoining his movement in the war-ravaged region.

Chad's Minister of Interior Ahmat Mahamat Bachir said Khalil Ibrahim, leader of the Justice and Equality Movement, was coming from Tripoli on a Libyan flight. Security units surrounded the plane and denied him entry into the country.

"He was not welcome in Chad," the minister said.

Ahmed Hussein, the spokesman for the group, said Chadian authorities seized Ibrahim's travel documents and those of his accompanying delegation and told them to return from whence they came.

The flight crew, however, refused to take them back to Libya because of their lack of documents.

"This is a serious precedent," Hussein said, calling the move illegal.

THE ASSOCIATED PRESS

Loyalty Can Be Costly

Shopping Around Still The Key To Saving On Car Insurance

How Much Is Your Loyalty Discount Really Worth?

If you're like most consumers, you worry that switching insurance companies means losing your "loyalty discount". The truth is that switching insurance companies may cause you to lose your loyalty discount (*if you had one in the first place*), but that doesn't necessarily mean you'll pay more for car insurance or that you can't save a bundle in the end. The fact is, some insurance companies may provide a small discount on your premium if you've been with them for a long time – but that small discount can quickly become irrelevant if another company has a rate for you that is significantly less than what you're currently paying. After all, what good is 5% off of an annual rate of $1,500 (a $75 savings) if you could pay $1,100 (a $400 savings) with another company?

How Much Do Rates Really Differ Across Companies?

The rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. And with so many insurance companies providing car insurance in Ontario, odds are you are not currently insured with the company that offers the best rate for your driving profile. This is where InsuranceHotline.com can help by providing an independent, unbiased rate comparison from over 30 top insurance companies to find you the lowest rate available for your profile. Even better, once your lowest rate is found, InsuranceHotline.com can connect you with a licensed insurance broker or agent to seal the deal. It's Fast, Safe and FREE.

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Unlike most of its competitors, InsuranceHotline.com does not sell insurance, is not a licensed broker or agent, and is not owned in whole or in part by an insurance company. This allows InsuranceHotline.com to be completely unbiased when providing insurance quotes and keeps its focus solely on finding the lowest insurance rates for consumers. By contrast, most websites offering to "compare insurance quotes" are owned by or affiliated with insurance brokers or agents and are therefore only capable of quoting rates from the limited number of insurance companies they represent, typically no more than 4 or 5.

Rate Comparison

Driving Record	Lowest Price	Highest Price	Savings
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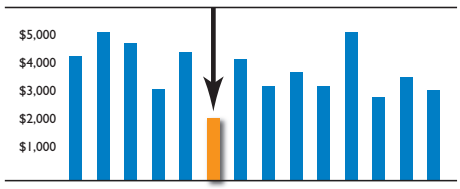

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Presidential pop-out seat
An opposition politician says Georgian President Mikhail Saakashvili had an ejection seat installed in his jet. The presidential office denies this. THE ASSOCIATED PRESS

world 19

Cyrus bobbles pulled

Walmart in the U.S. says it is pulling an entire line of Miley Cyrus-brand jewelry from its shelves after tests performed for The Associated Press found they contained high levels of the toxic metal cadmium.

In a statement released three hours after AP's initial report of its findings Monday, Walmart said it would "remove all of the jewelry from sale" while it investigates.

Singer/actress Miley Cyrus

The items are not known to be dangerous if they are simply worn.

Concerns come when youngsters bite or suck on the jewelry, as many children are apt to do.

Long-term exposure to cadmium can lead to bone softening and kidney failure.

It is also a known carcinogen, and research suggests that it can, like lead, hinder brain development in the very young.

A spokeswoman for Walmart Canada said the jewelry in question is not sold in Canada.

THE ASSOCIATED PRESS

Nine U.S. troops injured after airfield attack

AFGHANISTAN Insurgents launched a brazen predawn assault yesterday against the giant U.S.-run Bagram Air Field, killing an American contractor and wounding nine troops in the second Taliban strike at NATO forces in and around the capital in as many days.

Small groups of suicide bombers — some wearing uniforms that appeared to match those of U.S. or NATO forces — tried to storm the base's defences, while others fired rockets, grenades and guns over the walls into the base, said Maj. Virginia McCabe, a spokeswoman for U.S. forces at Bagram.

No insurgents made it inside the base, but blasts and gun-battles raged for eight hours as U.S. soldiers hunted the attackers down in the surrounding fields north of Kabul, she said.

At least 10 of the insurgents died, according to McCabe. Five were killed by air strikes, said Lutf Rahman Reshad, an Afghan police official in Bagram district.

McCabe said helicopters were out in a supporting role but she could not confirm if air strikes killed any of the insurgents. There were no details about the dead contractor.

THE ASSOCIATED PRESS

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Slovenian students protest new work limits
Thousands of Slovenian students protested a new bill that would limit their work and income during their studies. About 8,000 university students gathered yesterday at a downtown square. THE ASSOCIATED PRESS

Nine hurt in knife attack on Chinese dorm

Men with knives burst into a Chinese college dormitory and slashed nine students in the latest violence in a country shaken by a recent string of rampages at schools.

Yesterday's pre-dawn attack did not fit the pattern of earlier ones. Instead of a lone man targeting young children, at least five men targeted students in their teens or early 20s. And while China is still struggling to find a motive behind most of the recent stabbings, the latest appeared to be in revenge for an earlier confrontation between students and villagers.

The attack showed that repeated efforts to increase school security across China can still fail.

The official Xinhua News Agency said two students were seriously hurt. One's hand was cut off. Four students were wounded in the earlier confrontation that led to the attack.

State media reports said the violence began late Tuesday with a fight between students eating at a food stall outside the Hainan Institute of Science and Technology and men from villages near Haikou, the capital of the southern island province of Hainan.

5 Five earlier assaults in the last two months have killed 17 and wounded more than 50, including some adults.

Four students were attacked with knives, and police were called but left after questioning the students, the reports said. The villagers then called for reinforcements and attacked the dormitory at about 2:30 a.m.

A spokesman for the province confirmed the report but said he had no other information.

Xinhua put the number of attackers at more than 10 and said they first assaulted a guard and disabled security cameras before rushing into two dormitories and attacking the students, apparently at random. THE ASSOCIATED PRESS

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London **Meet the mascots**

MATT DUNHAM/THE ASSOCIATED PRESS

The Olympic mascot Wenlock, left, and the Paralympic mascot Mandeville are unveiled to the media yesterday as the mascots for London 2012. The idea behind the mascots is that they were created from the last drops of steel left over from the final support girder for the Olympic Stadium.

Britain's deputy PM plans to cut surveillance programs

CIVIL LIBERTIES Britain's new deputy prime minister pledged yesterday to lead a sweeping drive to protect civil liberties, curbing official surveillance and data collection by scrapping an unpopular national identity card program, limiting the retention of DNA profiles and regulating the spread of closed-circuit TV cameras.

Nick Clegg said the coalition government was rolling back government monitoring after years of complaints from rights groups that personal freedoms have been sacrificed in the name of national security.

"This government will end the culture of spying on its citizens," Clegg said during a speech in north London. "It is outrageous that decent, law-abiding people are regularly treated as if they have something to hide. It has to stop."

He also promised to institute changes to the country's political system — including the right to recall errant lawmakers. THE ASSOCIATED PRESS

News in brief

TAJIKISTAN A regional court has sentenced dozens of people to prison for belonging to a banned Islamic group. Ikrom Abdulkhafizov, a judge in the southern city of Khatlont, said yesterday that 32 members of Jamaat al Tabligh were sentenced to terms ranging from three to seven years, and another four were fined. They have been in custody since early 2009. Tajikistan designated Jamaat al Tabligh an extremist group in 2006, and many of its members have been jailed. Its members say it's a non-violent, apolitical missionary movement. THE ASSOCIATED PRESS

KIRSTY WEGLESWORTH/THE ASSOCIATED PRESS

Winston Fletcher, right, and Frances Blois enjoy equipment yesterday in London's first pensioners' playground in Hyde Park.

Everyone has the right to play

London has opened its first exercise playground for older people, with specially designed fitness equipment to help the capital's aging baby boomers stay fit.

Organizers say people lined up at central London's Hyde Park beginning yesterday to use the equipment, which includes a sit-up bench, a cross-trainer and a stationary bicycle. The playground is aimed at people older than 60, although the gentle exercise also helps patients recovering from operations.

Madeline Elsdon said the idea was to provide a friendly outside gym where older people can socialize while exercising.

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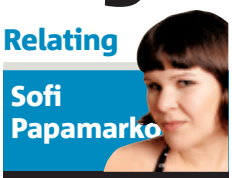
Comment

Together, alone: Best of both worlds

Relating



Sofi Papamarko

metronews.ca/papamarko

If distance makes the heart grow fonder, could living separately be the key to a successful marriage?

A few years ago, I met an elderly gentleman whose wife had recently passed away. He was moving into his late wife's slightly larger apartment, which was adjacent to his own. He explained that, while they had dearly loved one another, they preferred to have separate living spaces. They opted to live alone, together.

Jay Smith, a Toronto-based writer, also lives separately from her partner.

"We both need a lot of space," she explains. "Part of it is really constitutional, if you can call it that: I am a morning person, whereas Chris is not. I'm early to bed, he stays up late."

Many have raised an eyebrow at the pair's non-traditional living situation, especially since they have children (both kids live with mom).

"Most couples — and I certainly don't fault people for this — subscribe to this notion of romantic love based on possession, constant companionship, and utter codependence," she says.

"We're getting better at recognizing, as a society, other forms of love, like love between two people of the same gender. But even then, that love is supposed to conform to the same mythos: Cohabitation, mutual codependency, a sort of soulmate-ful completion."

Patrick (not his real name) is a single, 30-something professional who hopes to marry someday, but has no desire to cohabitate.

"I enjoy solitude," he says. "It's a powerful, useful 'reset' tool."

But it isn't as though his personal space is off-limits to his future wife.

"She does get a house key, and she's always welcome," he concedes.

"I don't have any designs on an Andy Snitzer-style bachelor pad with frat house staples like PlayStations and Nerf basketball nets all over the place. It's really not about skeletons in the closet, which is probably the first thing a person would think. It's about my identity (and) having my own place to recharge my batteries after a good or bad day."

What it comes down to for couples that choose to live independently of one another is enjoying the best of both worlds.

"What if we look for companions on our own terms, or the terms that work best for a particular couple?" Smith asks. "Well, in my case, some uncomfortable moments on the playground …"

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Opening your eyes to various barriers

SpeakingOut

Wendy Cukier

Research shows the "old boy's network" is alive and well and informal networks remain significant barriers to inclusion in the workplace.

Informal networks affect who gets jobs, who gets "face time" with the boss or included in informal activities. And even those of us who think we "get it" could learn a thing or two from a recent study — Lived Workplace Experiences Of Employees Who Are Blind Or Visually Impaired.

Study author Dr. Mala Naraine, a post-doctoral fellow in Ryerson's Centre for Learning Technologies, shared her insight into the problems of social exclusion given that most people rely on visual cues to build friendships and networks in organizations.

It is often assumed that a person who is blind must simply learn alternative techniques to do efficiently the same things that they would do with "normal" vision. Some barriers — access to print, lack of speech output programs, inadequate training, and barriers to transportation, for example — are well understood. But most employers do not fully recognize their duty to accommodate.

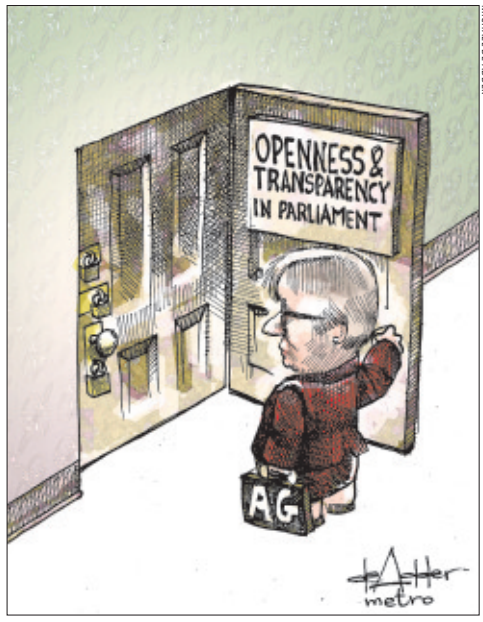
In Naraine's study, the lack of accommodation of social needs was striking as respondents described their experiences of isolation in the workplace. Quite apart from the stereotypes that affect the treatment of blind or visually impaired people, sighted people take much for granted.

A blind or visually impaired person attending a meeting or social event is not instantly oriented to the layout — where is the speaker? Where is the audience? Where is the coffee? They cannot tell if there are five people or 100.

While a sighted person has many daily interactions — walking through a building, smiling, nodding and waving at colleagues, a blind person walking down the same hall may feel completely alone unless they are spoken to. And blind and visually impaired people are less likely to be included in informal social gatherings, whether going for a coffee, lunch or a drink after work.

Naraine's research certainly opened my eyes to a subtle but important barrier to inclusion and how it is possible to feel completely alone in a sea of people.

Wendy Cukier is the associate dean of the Ted Rogers School of Management at Ryerson University, and the founder of Ryerson's Diversity Institute.



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Venezuelan government seizes coffee plant
The government of Venezuelan President Hugo Chavez seized control of a coffee processing plant. Carlos Urbina, a legal adviser for the company Fama de America, said the takeover occurred after negotiations broke down over trying to set a sales price for the plant. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Goldcorp won't halt mining operations

GUATEMALA Proxy shareholders of Goldcorp have overwhelmingly voted down a resolution to suspend mining activities at the company's Marlin mine in Guatemala so new consultations can be held with indigenous people concerned it is affecting their health.

Goldcorp CEO Chuck Jeannes said it wouldn't make sense to halt work at the mine and put 2,000 people out of work.

THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

A security guard bars entry to media and protesters yesterday at the Goldcorp annual general meeting in Toronto. Only shareholders were allowed into the meeting.

Patent case over

Market challenges move RIM to settle

BlackBerry maker Research In Motion likely decided to settle a patent infringement case with a U.S. technology company to avoid losing any market share to competitors Apple and Google, say analysts.

Prism Technologies has reached a settlement and licensing agreement with RIM involving authentication systems on BlackBerrys such as the Curve 8330. Terms of the settlement haven't been disclosed.

The Prism patent involves the security of electronic information.

Analyst Nick Agostino said yesterday that RIM can't afford to take on a legal battle that could impact its market share or sales. The cost of recouping any lost business would likely be greater than the cost of settling, said Agostino, of Toronto-based Mackie Research Capital Corp.

"In today's competitive landscape with Google and Apple on their heels, RIM cannot afford to take on a legal battle that could possibly impact their business," he said from Toronto.

Alastair Sweeny, author of BlackBerry Planet, said RIM also faces challenges in the consumer market.

THE CANADIAN PRESS

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Cineplex plans bigger screens

ENTERTAINMENT Cineplex Galaxy plans to roll out bigger screens and enhanced sound at some theatres across the country this year.

Cineplex CEO Ellis Jacob told shareholders at the company's annual meeting that the growing popularity of 3-D movies has driven demand for more immersive experiences.

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Individuals interested, and having the skills described above, are requested to submit their resume by email to **chris.tindal@metronews.ca** no later than May 25, 2010. All submissions will be treated as confidential.

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Quiznos plans 600 new stores

The sandwich chain Quiznos says it plans to develop up to 600 new stores across the U.S. by the end of the year. The privately held chain, based in Denver, already has about 4,000 restaurants. It says the planned expansion could create about 7,500 jobs. THE ASSOCIATED PRESS

Kruger paper to cut 440 Quebec jobs

LAYOFFS Kruger Inc. announced production cutbacks at two Quebec mills yesterday in moves that will affect about 440 employees at its Trois-Rivieres, Que., mill.

However, the mill will continue to produce newsprint, with close to 300 jobs maintained.

The company "came to these decisions due to persistently unfavourable market conditions and the strong Canadian dollar," it said in a news release.

Kruger also said it is extending indefinitely the temporary halt of directory paper production at its Wayagamack mill announced Dec., 31, 2009. Production had been due to resume in June. About 120 workers are affected.

THE CANADIAN PRESS

H&R Block to cut 400 U.S. jobs

CUTBACKS H&R Block says it will trim 400 jobs and has shut 400 underperforming locations as it seeks to reduce costs.

The tax services provider expects the cuts in its field and corporate support organization will cut annual operating costs by $140 million to $150 million US by the end of fiscal 2012.

H&R Block will book a pretax charge of about $28 million to cover severance costs. It employs about 133,700 workers overall.

The Kansas City, Mo., company also says it has shut about 400 underperforming locations in its 11,000 store network.

THE ASSOCIATED PRESS

Banking regulations already strict enough: Sun Life CEO

The CEO of Sun Life Financial Inc. opposes planned new global bank taxes many countries are considering to crack down on the financial sector after the Wall Street crisis helped spark the recession.

Don Stewart told shareholders at the insurer's annual meeting yesterday that proposed new international financial regulations could unduly punish already well regulated Canadian financial companies.

"It would indeed be ironic if Canada, a country which came through the financial crisis better than most, was to find itself at a disadvantage on account of new international rules originating from outside our country," Stewart said, adding his voice to mounting opposition at home ahead of international economic summits hosted by Canada next month.

Regulators in Europe, the United States and other parts of the world want to tax big banks and impose stricter lending and trading rules to prevent future bank collapses that might trigger another financial crisis.

They argue that cracking down on risky market practices will also cushion countries and consumers from economic turmoil and volatile stock markets.

In a related issue, Stewart said that while Canada's financial institutions remained relatively healthy during the 2008-2009 recession and stock market fall, many Canadians saw a steep drop in the value of their retirement investments.

"If this problem isn't addressed, individuals and families will experience real hardship in future as more people outlive their retirement savings, said Stewart. THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS

Donald Stewart, CEO of Sun Life Financial, addressed the company's AGM in Toronto yesterday.

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P&G opens online store

RETAIL The world's largest consumer products maker says its online store is open for business.

Procter & Gamble Co. said yesterday the "eStore" is up and running for the general public after months of testing. The Cincinnati-based maker of such household brands as Tide detergent, Pampers diapers, and Olay skin cream has jumped into online retailing with a site operated by Plano, Texas-based PFSweb.

P&G insists the venture's main goal is to learn more about online shopping, and not to compete with stores and online retailers. P&G says it will share the "learning lab" information it gathers and that will help retail partners sell more P&G products.

The site offers $5 flat-rate shipping and digital coupons. Initial prices appear comparable to retail stores. THE ASSOCIATED PRESS

Non-profit **Pay what you want**

JEFF ROBERSON/THE ASSOCIATED PRESS

Loaves of bread sit on a table at a Panera Bread Co. restaurant in Clayton, Mo., Tuesday. The company is asking customers at a new restaurant to pay what they want. The national bakery and restaurant chain launched a new nonprofit store this week that has the same menu as its other locations. But the prices are a little different — there aren't any. Customers are told to donate what they want for a meal, whether it's the full suggested price, a penny or $100.

Slow economy keeps U.S. inflation down

PRICES Consumer prices in the United States fell in April for the first time in 13 months as energy prices tumbled and high unemployment limited businesses' ability to raise prices.

The 0.1 per cent decrease in overall prices was pulled down by gas prices that are expected to drop further over the summer.

Core inflation, which excludes volatile food and energy prices, was flat in April, according to the Labor Department report issued yesterday. The recession in 2007 and 2008 has kept inflation tame, giving the Federal Reserve leeway to keep interest rates at historic lows to help jumpstart economic growth.

.09% The increase in U.S. core inflation over the past 12 months — the smallest increase since 1966.

"With the unemployment rate so close to 10 per cent, it is entirely understandable that the Fed wants to stick with its commitment to leave rates at near-zero," said Paul Ashworth, senior U.S. economist at Capital Economics.

The April drop in overall prices was the first decline since a similar dip in March 2009. THE ASSOCIATED PRESS

In brief

UPTURN Canaccord Financial Inc. ended its 2010 fiscal year back in the black, after suffering a deep loss in the previous financial year. The Vancouver-based investment dealer had $7.5 million or 14 cents per share of net income in its fiscal fourth quarter, ended March 31, and an annual profit of $38.5 million. It was a big improvement on the year-earlier comparable periods, when Canaccord's fourth-quarter net income was just $3.6 million or seven cents per diluted share and fiscal 2009 recorded a $47.6-million annual loss. Canaccord's top line also improved year-over-year, with double-digit revenue growth. It generated $143.1 million in revenue during the three months ended March 31, up 33.8 per cent from $107 million in the fourth quarter of fiscal 2009.

THE CANADIAN PRESS

STOP HAIR LOSS

BIO-FEN PLUS™ is a natural health product used in the treatment of hereditary androgenic alopecia *(AGA)* in adults ***(male or female pattern baldness.)*** It contains scientifically calculated proportions of extracts of fenugreek seeds, saw palmetto berries and flax lignans. Each are known to possess an inhibitor of the enzyme responsible for causing male or female pattern baldness. It also contains a mixture of B vitamins, folate and biotin to help metabolize these herbal extracts so that they are more bio-available, and to support the growth of strong and healthy hair.

What causes hereditary hair loss?

Each hair grows from a pocket in the skin called the hair follicle. During its growing phase, the follicle has a bulb-shaped bottom, the center of which is called the dermal papilla. The papilla is fed by very small blood vessels, which bring it food & oxygen and remove wastes. The papilla is highly sensitive to hormones and chemicals secreted by the body *(or ingested as a medicine)* which impacts hair growth.

It is believed that some individuals have a genetic predisposition to a receding hairline *(most common in men)* or hair/follicle thinning over larger areas of scalp *(more common in women)*. These conditions result from hormonal changes caused by an enzyme in the dermal papilla called 5-alpha-reductase. This enzyme breaks down the hormone testosterone into dihydrotestosterone *(DHT)*.

Over a period of time, an over abundance of DHT causes the hair follicle to degrade and shortens the active phase of the hair, eventually leading to thinner hair and eventual hair loss.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology. If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

Each BIO-FEN PLUS™ *capsule contains (mg/capsule):*

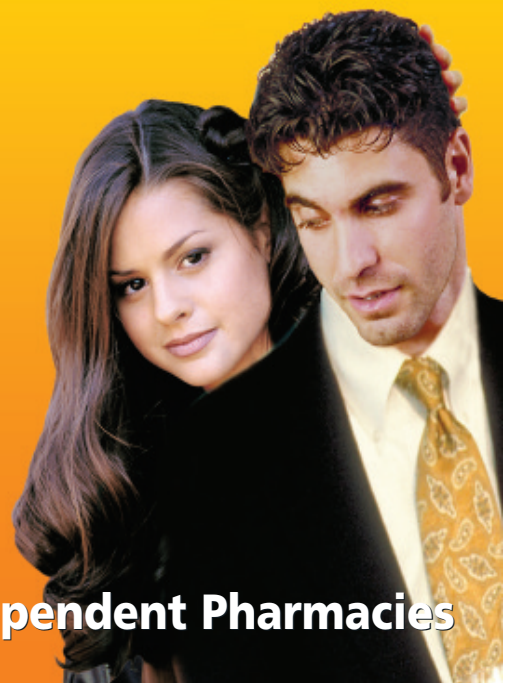
Fenugreek *(Trigonella feonum graecum)* seed extract 4:1	260 mg
Saw palmetto berry extract contains 45% powder, esters & sterols	160 mg
Flax lignans, standardized to 20% secoisolariciresinol diglucoside *(SDG)*	100 mg
D-calcium pantothenate *(Vitamin B5)*	10.40 mg
Niacinamide *(Vitamin B3)*	10.25 mg
Pyridoxine HCl *(Vitamin B6)*	2.00 mg
Riboflavin *(Vitamin B2)*	1.58 mg
Folic acid	0.095 mg
Biotin	400 mcg

Non-medicinal ingredients: inert microcrystalline cellulose and vegetable-based magnesium stearate in a veggie-based capsule.

Recommended adult dose:
. . . . . .one capsule per day

BIO-FEN® PLUS

www.biofen.com



Available at Health Food stores and Independent Pharmacies

Nets won't keep GM

New Jersey Nets owner Mikhail Prokhorov says general manager Kiki Vandeweghe will be let go when his contract expires this summer. "I wish him well," Prokhorov said yesterday. THE ASSOCIATED PRESS

Sports

Ramirez back in the lineup

Hanley Ramirez, left, was back in the Florida Marlins' lineup yesterday after a pre-game talk with manager Fredi Gonzalez to clear the air. The reigning NL batting champion was benched Tuesday after taking shots at his manager and teammates a day after getting yanked from a game for not hustling. Gonzalez and Ramirez chatted for five or 10 minutes in the manager's office. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Habs look to regroup

Team dissects what went wrong in two scoreless games

The Montreal Canadiens have beat the odds before, and they have every intention of doing it again.

The Canadiens held a team meeting yesterday for more than 45 minutes to pick apart why they weren't able to score a single goal in losing the first two games of the Eastern Conference final to the Philadelphia Flyers.

As they prepared for tonight's Game 3 (CBC, 7 p.m. ET), most of the hockey world had already written them off. But that's nothing new for the Canadiens this post-season.

"We know it's not going to be easy, we know it's a difficult task, but I have great confidence in the character and the determination of our players," Canadiens coach Jacques Martin said. "A lot of people in here, after Game 4 against Washington, weren't too optimistic. This group proved them wrong. This is another time where we're challenged, and that's when you see the best of people."

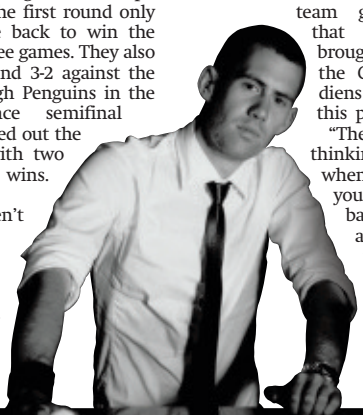
The Canadiens were down 3-1 against the Capitals in the first round only to come back to win the next three games. They also fell behind 3-2 against the Pittsburgh Penguins in the conference semifinal and closed out the series with two straight wins.

While they aren't facing elimination tonight, a 3-0 series deficit might be too much for the resilient Canadiens to overcome.

PAUL CHIASSON/THE CANADIAN PRESS

Montreal Canadiens head coach Jacques Martin listens during a news conference yesterday in Brossard, Que. The Canadiens will host the Philadelphia Flyers in Game 3 tonight.

But the main message at yesterday's team meeting was to put aside any thought of trying to win the series individually, and instead focus on the strong team game that brought the Canadiens to this point.



"The thinking is when your backs are up against the wall that you have to do more, but sometimes less is more," winger Brian Gionta said. "You'd rather just trust in the system and work hard in the system and not deviate from that team game. Not try to take it all on your shoulders. I think that's what (Martin) was trying to guard against."

The Canadiens have identified two key areas that need improvement.

The most obvious one is to find a way to get a puck behind Flyers goalie Michael Leighton, who has stopped all 58 shots the Canadiens have thrown his way through two games.

The other area where the Canadiens need to improve is special teams, with Philadelphia going 4-for-10 on the power play and the Habs countering with an 0-for-8 performance.

THE CANADIAN PRESS

Markov won't be back

- There's no chance defenceman Andrei Markov will be back in the Montreal Canadiens' lineup this post-season.
- He will need six months of recovery time after undergoing surgery to repair a torn anterior cruciate ligament in his right knee, the NHL team said yesterday.

Hockey Canada defends Crosby from IIHF criticism

HOCKEY Hockey Canada has come out in defence of Sidney Crosby after the International Ice Hockey Federation included him in a swipe at players who declined invitations to attend the world hockey championship.

The IIHF posted a story titled Saying No To Your Country on its website yesterday, claiming that players who chose not to participate were turning "their backs not only on the team and its fans but also to the system which developed them and made them rich and famous." The story, written by IIHF communications director Szymon Szemberg, names Crosby, Henrik Zetterberg and Nicklas Backstrom, among others.

Sidney Crosby

"How can a player who is 22 or 25 or 27, and who was just eliminated from the playoffs be tired?" Szemberg wrote. "Tired is a miner who works in a damp pit in Miktivka, in the Donetz Plateau in Ukraine, who never sees daylight and who provides living for a family of five in a modest two-room apartment. That is tired.

"Tired is a divorced mother with two young kids who double shifts as a nurse assistant and cleaning lady to make ends meet.

"Why is a 22-year-old Sidney Crosby tired when a 34-year-old Ryan Smyth is answering the bell for his country despite having represented Canada at the worlds already on eight occasions?"

Scott Salmond, the men's national team director for Hockey Canada, called the story "inappropriate."

"Sidney Crosby's the guy they singled out — he's played in two finals (in 2008 and 2009), he's played in the second round of the playoffs (this year), he's played in the Olympics for us," said Salmond. "I don't think it's fair to single him out. We respect where he is and we respect what he's done for us and I think what he'll do for us in the future."

There are fewer NHL stars at this year's world championship because it is being held so soon after the Vancouver Olympics in February. Hockey Canada extended an open invitation to its available Olympic players to come to the world championship. Corey Perry was the only one to take it up on the offer and says he understands why others didn't.

"You've got to look at the guys that didn't come — a lot of guys were in the playoffs and a lot of guys played in the Olympics," said Perry.

"That's a lot hockey when you play 82 games and then the Olympics and then you start playing playoffs."

THE CANADIAN PRESS

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Sizemore placed on DL with knee injury
The Cleveland Indians placed outfielder Grady Sizemore on the 15-day disabled list yesterday. Sizemore has a deep bone bruise in his left knee and Indians trainer Lonnie Soloff said the team is evaluating the best options for treatment. He did not rule out surgery. THE ASSOCIATED PRESS

Lakers in commanding lead

Gasol's late-game surge leads L.A. past Suns to 2-0 West lead

(Lakers lead series 2-0)

Suns 112 **Lakers** 124

The Los Angeles Lakers are halfway to another NBA finals, and their fans already know who they want their dominant defending champions to play next.

Pau Gasol scored 14 of his 29 points in the fourth quarter, Kobe Bryant had 21 points and 13 assists, and the Lakers roared away in the final minutes for a 124-112 victory over the Phoenix Suns last night to claim a 2-0 lead in the Western Conference finals.

Ron Artest scored 18 points for the Lakers, who won their eighth straight playoff game and moved within striking distance of a tantalizing NBA finals showdown with the Boston Celtics, who lead Orlando 2-0 in the East. For the second straight game, the chants rained down from the Staples Center crowd in the final minutes: "We want Boston!"

The Lakers remained unbeaten at home in the post-season despite a much-improved effort from the Suns, who lost the opener by 21 points. Phoenix tied it at 90-all heading to the final period of Game 2, but Gasol and Bryant flawlessly led the Lakers to another high-scoring victory, handing third-seeded Phoenix its first back-to-back losses since late January.

"We've been able to play both styles of basketball," Lakers coach Phil Jackson said.

"We like to control the pace, but we feel comfortable if it's an accelerated pace."

The Lakers certainly seem to be accelerating the Suns' exit from the playoffs after hitting better than 57 per cent of their shots and scoring a jaw-dropping 252 points in the first two games.

Game 3 is Sunday night in Phoenix.

But unless the Suns figure out a way to stop Los Angeles' versatile, poised offence, Beantown and Hollywood could be just a few days away from another chapter in their storied rivalry.

THE ASSOCIATED PRESS

HARRY HOW/GETTY IMAGES
Pau Gasol, left, of the Los Angeles Lakers shoots against Amare Stoudemire of the Phoenix Suns in the third quarter of Game 2 of the Western Conference Finals last night at Staples Center in Los Angeles.

SCOREBOARD

NHL PLAYOFFS

TODAY'S GAME
Philadelphia at Montreal, 7 p.m.

TOMORROW'S GAME
San Jose at Chicago, 8 p.m.

NHL Consecutive Playoff Shutouts
TWO (ACTIVE)
2010-Michael Leighton, Philadelphia Flyers vs. Montreal Canadiens (May 16, 6-0; May 18, 3-0).
THREE
2006-Ilya Bryzgalov, Anaheim Mighty Ducks vs. Calgary Flames (May 3, 3-0), vs. Colorado Avalanche (May 5, 5-0; May 7, 3-0).
2003-Jean-Sebastien Giguere, Anaheim Mighty Ducks vs. Minnesota Wild (May 10, 1-0 (2OT); May 12, 2-0; May 14, 4-0).
2002-Brent Johnson, St. Louis Blues vs. Chicago Blackhawks (April 20, 2-0; April 21, 4-0; April 23, 1-0).
2002-Patrick Lalime, Ottawa Senators vs. Philadelphia Flyers (April 20, 3-0; April 22, 3-0; April 24, 3-0).
1945-Frank McCool, Toronto Maple Leafs vs. Detroit Red Wings (April 6, 1-0; April 8, 2-0; April 12, 1-0).
1929-John Ross Roach, N.Y. Rangers vs. N.Y. Americans (Mar. 19, 0-0; Mar. 21, 1-0); vs. Toronto Maple Leafs (Mar. 24, 1-0).
1926-Clint Benedict, Montreal Maroons vs. Ottawa Senators (Mar. 27, 1-0); vs. Victoria Cougars (Mar. 30, 3-0; April 1, 3-0).

PLAYOFF SCORING LEADERS

	G	A	Pt
Toews, Chi	7	16	23
Crosby, Pgh	6	13	19
Cammalleri, Mtl	12	6	18
Briere, Pha	9	9	18
Kane, Chi	7	11	18
Franzen, Det	6	12	18
Richards, Pha	5	13	18
Pavelski, SJ	9	6	15
Samuelsson, Vcr	8	7	15
Zetterberg, Det	7	8	15
Sharp, Chi	6	9	15
Giroux, Pha	6	8	14
D.Sedin, Vcr	5	9	14
H.Sedin, Vcr	3	11	14
Datsyuk, Det	6	7	13
Gionta, Mtl	7	5	12
Pronger, Pha	4	8	12

NBA PLAYOFFS

YESTERDAY'S RESULTS
L.A. Lakers 124 Phoenix 112 (Lakers lead series 2-0)

HOCKEY

WORLD HOCKEY CHAMPIONSHIP
TODAY'S GAMES
Finland vs. Czech Republic, 10:15 a.m.
Sweden vs. Denmark, 10:15 a.m.
Russia vs. CANADA, 2:15 p.m.
Switzerland vs. Germany, 2:15 p.m.

BASEBALL

YESTERDAY'S AL RESULTS
TORONTO 3 Seattle 2
Kansas City 8 Cleveland 4
Boston 3 Minnesota 2
L.A. Angels 3 Chicago White Sox 2
Tampa Bay 10 N.Y. Yankees 6
Texas 4 Baltimore 3
Detroit 5 Oakland 1

YESTERDAY'S NL RESULTS
Chicago Cubs 4 Philadelphia 1
Washington 5 N.Y. Mets 3
Atlanta 5 Cincinnati 4
Pittsburgh 6 Milwaukee 4
Houston 7 Colorado 3
Florida 5 St. Louis 1
Arizona 13 San Francisco 1
San Diego at L.A. Dodgers

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Jays hang on in nervy ninth to beat M's

MLB RESULTS

Blue Jays 3 **Mariners** 2

MLB Brett Cecil pitched into the seventh inning and Kevin Gregg hung on for the save last night as the Toronto Blue Jays beat Seattle 3-2, sending the Mariners to their fifth straight loss.

The Mariners put two runners on base with two outs in the ninth, but left-fielder Fred Lewis ran down Mike Sweeney's long fly into the alley to end it.

Milton Bradley returned to the Mariners and had his fourth two-hit game of the season. He was out for two weeks after asking the team for counselling help to deal with personal and emotional issues.

Cecil (3-2), a triple-A starter to begin the season, featured a 96 mph fastball while allowing two runs and seven hits in 6 1-3 innings. He had lasted just two innings and gave up eight runs against Texas Friday.

THE ASSOCIATED PRESS

ELAINE THOMPSON/THE ASSOCIATED PRESS
Seattle Mariner Ichiro Suzuki singles against the Toronto Blue Jays in the seventh inning of last night's game in Seattle.

Whitecaps draw TFC 0-0

NCC

TFC 0 **Whitecaps** 0

SOCCER The underdog Vancouver Whitecaps kept their Canadian Nutrilite soccer championship hopes alive as they fought Toronto FC to a 0-0 draw last night.

A loss would have eliminated the Whitecaps and given the crown to Toronto for the second straight year.

The Whitecaps improved to 0-0-2 and retained their chances of advancing to the next stage of North and Central American and Caribbean zone qualifying for the FIFA club World Cup. Toronto dropped to 2-0-1 but remained in first place in the competition.

THE CANADIAN PRESS

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SCOT THOM
"Scot is great because he created a financial plan for the international school in Japan where I am currently employed."

SUE VARTY
"Sue is an expert in communications. She is creative, results-oriented and understands the value of relationships with her."

JAIME ALMOND
When it comes to Internet marketing and social media, Jaime knows her stuff."

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Backup netminders stealing the show

SportsVoice

These Stanley Cup playoffs have brought us plenty of memorable moments so far — but the biggest impact might be that the phrase "backup goalie" has been made officially obsolete.

It's mind-boggling that three of the four squads left have been using their ostensible backups, all of whom have not only filled the role but, at times, stolen the show.

Despite Carey Price's one-time status as the team's goalie of the future, we all watched Jaroslav Halak's name being written into Canadiens lore in the first two rounds.

Antti Niemi — with only 42 NHL games to his credit heading into the playoffs — has irrevocably passed Cristobal Huet on the Blackhawks' depth chart.

And the Flyers — whose No. 1 on opening day, if you recall, was Ray Emery — saw a combination of Brian Boucher and Michael Leighton backstop them to one of the most epic series comebacks in sporting history.

The fourth team still alive is, of course, the Sharks, whose reputation for overplaying Evgeni Nabokov in the regular season is surpassed only by their reputation for choking in the playoffs.

Coincidence?

Many teams have been moving toward a one-two goaltending punch over the past few seasons, but these playoffs may be enough to solidify the trend league-wide.

Now, sure, if you've got an anomaly like Martin Brodeur between the pipes, or your current 'tender is riding a hot streak, it makes good hockey sense to stick with them.

But it's worth remembering that even an NHL backup is still likely among the best 60 goaltenders on the planet.

Remember, Boucher — who everyone questioned as the Flyers entered the post-season — set a modern-day record with five consecutive shutouts back in 2003-04.

That doesn't happen by accident. It means he's a talented goaltender, backup or not.

Who knows? Maybe the Sharks will lose Nabokov to injury and Thomas Greiss will be the one to finally lead them to the promised land.

The way these playoffs are going, would you really be surprised?

ShareYourViews
torontoletters@metronews.ca

Daniel Squizzato is a Metro copy editor and blogger for Some Canadian Guys Writing About Soccer and Infield Fly.

Tennis Third time's not a charm

AARON FAVILA/THE ASSOCIATED PRESS

Russia's Elena Dementieva returns a shot yesterday to Bulgaria's Tsvetana Pironkova during the second round of the WTA Polsat Warsaw Open in Warsaw, Poland. Dementieva, the former French Open finalist, lost to Pironkova 7-5, 4-6, 6-4 in just less than three hours. It was her third straight early-round loss on European clay.

Vikings' Childress has no update on Favre's status

NFL Vikings coach Brad Childress says he doesn't have an update from Brett Favre about his playing status for next season, or a possible surgery on his injured left ankle.

Childress was asked by reporters for the latest word on Favre following practice yesterday. The Minnesota coach said he hasn't spoken with the 40-year-old quarterback recently.

Brett Favre

Childress says he has exchanged text messages with Favre during the off-season, but insisted that "texting is not talking." play.

Last month, Favre issued a statement on his personal website about the injury.

He said his condition "is not debilitating" and that surgery is only one factor in his decision whether to

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JACQUES BOISSINOT/THE CANADIAN PRESS

Team Canada head coach Craig MacTavish speaks to Steven Stamkos during practice yesterday at the IIHF World Hockey Championship in Cologne, Germany. Canada will play Russia today.

MacTavish calls for 'aggressive' play

The numbers all favour Russia. The Russians have 14 Olympians to Canada's one. And they have won six straight while the Canadians have lost three of their last four.

But don't expect a conservative Canadian game plan when the two rivals meet today in the quarterfinals at the IIHF World Hockey Championship (TSN, 2:15 p.m. ET).

Coach Craig MacTavish wants his team to be assertive.

"You can't be caught backing off," he said yesterday after Canada's first practice at Lanxess Arena. "You have to be aggressive when you play the Russians. Otherwise, they're going to come at you with a lot of speed. You want to take the game to them and that's going to be our mentality."

That game plan was extremely effective at the Vancouver Olympics, where Canada overwhelmed the Russians right from the opening faceoff of their quarter-final matchup. Forward Corey Perry was part of that victory and thinks this team might be able to duplicate the result.

"You have to be aggressive when you play the Russians. ... You want to take the game to them and that's going to be our mentality."
Team Canada coach Craig MacTavish

"We've got to take away their time and space," said Perry. "They play 1-on-1 hockey and try to beat you with their skill. If we're hard on the body, play sound defensively and keep that neutral zone contained, we're going to be all right.

"We've just got to play hard."

General manager Mark Messier only asks that his young players not get too wrapped up in thinking about who they're playing.

"I think the big thing is to take the name tags off the back of their sweaters," said Messier. "I think any time when you're going into competition, having too much respect for the opposition is not a good idea.

"In my playing days, the teams that played us the hardest played us with the least amount of respect."

The Russians are cruising with a perfect 6-0 record and a lineup that features virtually all of the country's top players. They won't need to be reminded about loss to Canada in Vancouver.

"It's kind of a revenge, but the real rematch will be played in Sochi in 2014," said Russian captain Ilya Kovalchuk.

"They have a really young team, but they're hungry for the win so we have to be ready."

THE CANADIAN PRESS

Kids almost ready to reshape Pirates lineup

MLB If Pittsburgh Pirates second baseman Aki Iwamura isn't looking over his shoulder, perhaps he should. First baseman Jeff Clement and right-hander Charlie Morton, too.

Why? The kids are coming: Third baseman Pedro Alvarez, right-hander Brad Lincoln, outfielder Jose Tabata. Looks to be soon, too. They could be in the majors as early as next month, or by July or August at the latest. When they are called up, Pirates president Frank Coonelly and general manager Neal Huntington will begin to learn if the prospects they've touted for several years will indeed stop the franchise's seemingly endless cycle of losing.

Alvarez, a No. 2 draft pick in 2008 and the organization's top power prospect since Barry Bonds, needs only to get more comfortable facing left-handed pitching and the Pirates will recall him from triple-A Indianapolis.

Another start or two like the one Lincoln made Monday for Indianapolis, and he could replace Morton in the Pirates' rotation. Tabata may not be far behind, even if the outfielder isn't showing the power the Pirates would like.

"Each one of these guys is getting closer to the big leagues," Huntington said. "Is it the end of May? Is it the middle of June? The first of July? They'll tell us and they'll show us as they continue to progress."

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Golf cart mishap ends NFL veteran's career

Veteran journeyman guard Matt McChesney has retired from the NFL after suffering an ankle injury in a golf cart accident last month. He was getting out of his cart to hit his ball recently when a trailing cart clipped him, resulting in an injury to the same ankle he had surgically repaired last year. THE ASSOCIATED PRESS

Are Magic out of tricks?

NBA Magic coach Stan Van Gundy slipped into his bed early yesterday morning and started watching film, figuring he'd doze off quickly.

It never happened.

"I thought that, OK, I'll get sleepy watching it and then I'll go to bed and get up and finish it in the morning," he said. "Your mind starts racing, so you don't wind down."

Orlando's play lately tends to have that effect.

The Magic, in an 0-2 hole, have put their dream season in peril heading into Game 3 of the Eastern Conference finals Saturday against the Boston Celtics.

Only three teams have ever come back to win a best-of-seven series after losing the first two games at home. The Magic have never rallied from an 0-2 deficit — home or away — and the Celtics have never lost a series with such a lead.

Translation: Orlando is in big trouble.

All-star centre Dwight Howard, looking to energize the Magic, delivered a message to teammates after a brief film session yesterday. He reminded them they still have a chance — despite the long odds — to return to the NBA finals.

"There's no need to quit," Howard said. "And there's no reason to say we're going down fighting, because we're not going down.

"You just got to think positive. If you think negative, then you're going to lose. Like I told our guys in the locker-room, if anybody has any doubt, then we're not going to win. But if everybody's on the same page and everybody believes that we're going to win this series, then we're going to win it."

That would require a major reverse from the Magic's recent meltdown.

Vince Carter, who was called for a technical foul earlier in Game 2, missed two free throws with 31.9 seconds left that could have brought Orlando within a point.

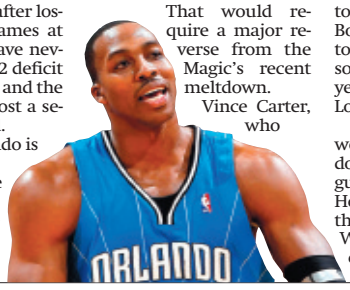
The Magic had another chance to tie the game, but J.J. Redick wasted precious seconds dribbling the ball until calling timeout with 3.5 seconds remaining. And since the Magic couldn't advance the ball to the frontcourt, Jameer Nelson was forced to take a desperation three-pointer that he airballed at the buzzer from beyond halfcourt.

Game over.

Maybe the season.

After winning 14 straight, including two playoff sweeps, Orlando likely has to win both games in Boston to have any chance to save its season — the season spent redeeming last year's NBA finals loss to the Los Angeles Lakers.

"Like I told our guys who went to the finals last year, down 2-0 against the Lakers, guys just kind of gave up," Howard said. "I don't sense that in this team this year. We know what we have to do." THE ASSOCIATED PRESS

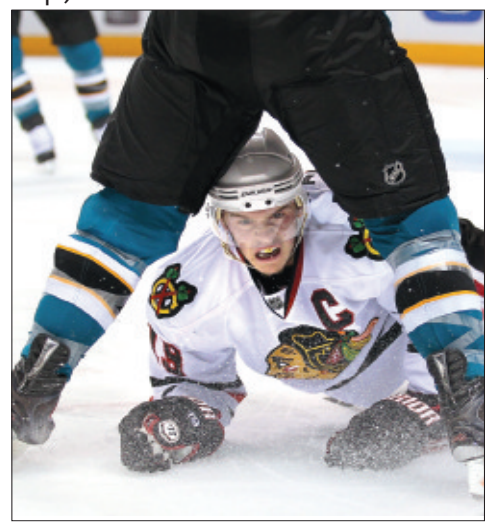


Dwight Howard

Road warriors

After unbeaten trip, Blackhawks return home

The Blackhawks have enjoyed living out of a suitcase. What a road trip they had, finishing off Vancouver in the second round and then beating San Jose twice on the Sharks' home ice for a 2-0 lead in the Western Conference finals.


JED JACOBSOHN/GETTY IMAGES

Chicago's Jonathan Toews gets caught under a San Jose Sharks player Tuesday during Game 2 of the Western Conference finals.

Can they duplicate their stellar play at home, where they are just 3-3 in the post-season, compared to 7-1 on the road? Game 3 is tomorrow night at the United Center.

"There's a lot of expectations from family and friends, people want to be a part of this whole thing. When you're on the road, it's just you and the guys. In that way, it's a little bit easier," Chicago captain Jonathan Toews said yesterday, comparing home and away.

"But no one's looking at that as an excuse. Like I said before, we can be happy about the last two games we played on the road because that's big. It's a huge disadvantage to play in someone else's building, especially in San Jose, with the noise in that building. But I think we can all forget about that and really get excited about what we can do and how good we can play in our own building."

The Blackhawks have attributed their success away from home to bonding, hanging out together off the ice, going to dinner, playing video games and then taking a simplified approach once they hit the rink.

During the regular season, they had a franchise-record 23 wins on the road and their 29 home victories were one shy of a club record.

They expect the Sharks to come out with a fury tomorrow night, hoping to combat the Blackhawks' speed while trying to make the raucous crowd at the United Center — which stars cheering throughout the U.S. national anthem — sit down and stay quiet.

The Blackhawks played tough defence during the first two games with a line led by centre Dave Bolland going against the Sharks' top trio featuring Joe Thornton, who ended up slashing Bolland in the faceoff circle.

"I think he was just kind of frustrated with us backchecking, just always being around him. I don't think he likes it," Bolland said yesterday when the Blackhawks got off their charter flight.

"The first game was a lot harder, more finesse. Second game was chippier. This next one could come on as chippier. See how it goes," Bolland added. THE ASSOCIATED PRESS

Windsor's Ellis: Small defenceman, big goals

MEMORIAL CUP What Ryan Ellis has growing out of his face defies any rational explanation. His beard is a disjointed cocktail of auburn whiskers of conflicting lengths and direction, producing a look best described by Windsor Spitfires teammate Scott Timmins as "one of the uglier things on the team."

Ryan Ellis

Ellis wears it proudly and without regret, having already spent the entirety of his young career answering questions about his appearance. He is a sprite of a defenceman, weighing just 170 pounds, and takes obvious delight in disproving those who would suggest size is an impediment to performance.

At 19, he is already a world champion, helping Canada to a gold medal at the 2009 world junior tournament. He won the MasterCard Memorial Cup with the Spitfires last year and has been a key component in the team's drive to repeat this week in Brandon, Man.

"People, they question it here and there, and they've got things to say about it," Ellis said. "But I've done a lot at this level, and I guess you could say my resume speaks for itself. If you want to question that, you can do it all you want - but I'll just kind of throw it back in your face."

Those questions will undoubtedly persist into the next level, whenever Ellis is called into duty by the Nashville Predators, who selected him 11th overall in last year's NHL entry draft. The Predators are in the same division as the Chicago Blackhawks, who employ one of the many players Ellis would probably have to prove he can stop.

Forward Dustin Byfuglien has scored in each of his last three playoff games with the Blackhawks, including a critical goal in Chicago's win over San Jose in Game 2 of the Western Conference final Tuesday. Byfuglien is six inches taller and almost 100 pounds heavier than Ellis.

"He's half the man, maybe," Spitfires general manager Warren Rychel said with a smile.

"It's something that will have to be addressed, obviously, but I think Ryan Ellis is the player he is because he's smart, and he gets ahead of himself."

Ellis been held to two points over Windsor's three round-robin games at the Memorial Cup this year, but both of those were assists in the tightest game the team has played, a 4-3 overtime win that eliminated the Moncton Wildcats Tuesday. THE CANADIAN PRESS

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Leaside includes a number of unique stores, as well as green spaces for recreation.

ALL PHOTOS: NICHOLAS JESICHOTA/FOR METRO CANADA

Lovely in Leaside

Leaside
Spaces & Places

RAFAEL BRUSILOW
for Metro Canada

Independent in soul and confident in character, Leaside appeals to families looking to live life to its fullest.

Located in East York just southeast of where Bayview and Eglinton avenues converge, the peaceful, upper-middle-class suburban neighbourhood has drawn families to its quiet charm ever since it first became a town in 1913 with just 43 residents. Leaside has grown relatively quickly in its first hundred years and today heading along Bayview Avenue you'll find high-quality, independent shops and delectable restaurants with amazingly varied menus flanked by gorgeous side streets full with well-maintained homes.

Average property value: $688,119 **Rent:** $1,053

Homes you'll see: Victorian and Tudor-style homes are common throughout Leaside with a variety of two-storey detached, bungalow and semi-detached homes spread across the side streets. Condominiums and townhouse developments started popping up in the 1990s on major streets like Bayview and Eglinton.

Bargain spot: Slightly cheaper prices to the southeast and east along Eglinton.

Hot spots: For Indian food done truly right, Amaya The Indian Room (1701 Bayview Ave.) is your place. Make sure to order some Amaya Basmati rice with your order, a delicious mix of brown, wild and basmati rice. McSorley's Saloon and Grill (1544 Bayview Ave.) is a local favourite hangout that is great for families — ask about weekly kid-friendly events — and the food is primarily sourced locally.

Education: Leaside High School (200 Hanna Rd), Bessborough Drive Elementary and Middle School (211 Bessborough Dr.), Rolph Road Elementary School (31 Rolph Rd), St. Anselm Catholic School (1 Macnaughton Rd).

Condos & developments: Huntington by Tridel (Bayview & Eglinton), Kilgore Estate Phase 2 & Kilgore The Bungalows (Bayview & Eglinton), The Scenic on Eglinton (Eglinton & Brentcliffe).

Getting around: TTC bus routes to and from the Yonge-University subway line along Eglinton and south along Laird as well as east from St. Clair Station to Thorncliffe Park Drive.

Final word: A great place for raising a family and still close to the downtown core, Leaside provides a lot of options for living, shopping and watching the kids grow up. Excellent schools and outstanding independent stores make this neighbourhood one that deserves its reputation as a peaceful place that still has plenty of pizzazz.

Legend

- 1: Sunnybrook Health Sciences Centre
- 2: Kilgore Estate Phase 2, and Kilgore The Bungalows
- 3: Huntington
- 4: Leaside High School
- 5: Bessborough Drive School
- 6: Bayview Avenue shopping
- 7: St. Anselm School
- 8: Rolph Road School
- 9: Leaside Park
- 10: Thorncliffe Park
- 11: Iqbal Grocery Store
- 12: East York Town Centre
- 13: Thorncliffe Park School
- 14: Valley Park School
- 15: Marc Garneau Collegiate Institute
- 16: Ontario Science Centre
- 17: The Scenic on Eglinton by Aspen Ridges
- 18: Sunnybrook Park

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Leaside 'right out of a movie'

Spaces & **Places**

PAULINE ANDERSON
for Metro Canada

PHOTOS SUBMITTED

PHOTOS: NICHOLAS JESTADT/FOR METRO CANADA

Two of Heather Buchan and husband Michael Blatchford's favourite haunts in their Leaside neighbourhood are Hollywood Gelato and Patisserie La Cigogne.

When Heather Buchan moved with hubbie Michael Blatchford into a compact Leaside home almost three years ago, she thought she had found a perfect little haven in the big city.

The community is close to downtown — only a 15-minute drive on the nearby Bayview Extension or Don Valley Parkway — yet provides the "breathing space" she so cherishes. "The streets here are wide and the houses sit back a bit from the street and aren't stacked side-by-side like row houses," she says.

The neighborhood is dotted with tree-lined streets, houses with perfectly groomed lawns, lush parks, ravines, churches, good schools, and block upon block of trendy eateries and quaint shops on the Bayview strip.

One of Heather's favorite weekend pastimes is hiking, biking or jogging through the ravine or Serena Gundy Park, and then stopping for a brunch of eggs Benedict and a cappuccino at the "cheap and cheerful" Homeway diner.

On a stroll along Bayview, she might stop for a latté at Patisserie La Cigogne, grab a few loaves at Cob's Bread, pick up farm-raised beef at Cumbrae's, then browse in Write Impressions — which she discovered when shopping for wedding invitations and where she always finds the perfect card for a friend.

Dining out can be a quandary though: Should it be Amaya for Indian or Satay On The Road for Thai? Both are steps from Hollywood Gelato where Heather happily stands in line for her regular dessert order — a scoop each of raspberry, hazelnut and chocolate.

But Leaside is more than just hot hangouts and house-proud neighbours, Heather insists. "It's got an amazing sense of community. When I moved in, I thought I was in Pleasantville. No sooner had I unpacked than a woman appeared at my door bearing a gift basket with vouchers from area businesses. I couldn't believe people still did that."

Heather is constantly struck by how "family friendly" the area is. Residents organize an annual block party complete with street games for the kids. New moms can meet at a local church.

"Leaside is the kind of neighbourhood that once you move in, you don't move out; you move up," enthuses Heather. She, too, plans to eventually upgrade. "I've already picked out my dream street — Bessborough Drive. It's absolutely beautiful and so green. It's right out of a movie."

Highrises coming to 905

RooftopSurfing

Stephen Dupuis

metronews.ca/rooftopsurfing

Markham has seen the future, and the future is dense. Last week, Markham Council took a very bold step in adopting the most aggressive intensification target on the books in the GTA. Going forward, 60 per cent or six out of every 10 new homes built in Markham will be within the existing built boundary. Highrises are coming to the 905!

I attended that historic council meeting and spoke in favour of balanced growth noting that Markham is not an island, and that if it is truly concerned about curbing urban sprawl, it has to accept its fair share of growth instead of trying to slough it off to the next municipality further afield.

I informed Markham Council of the best-kept secret around, which is that if you add up all the available lots in all the low-rise housing projects currently on the housing market in the GTA, there's less than six months supply at current sales rates, which is an all-time low.

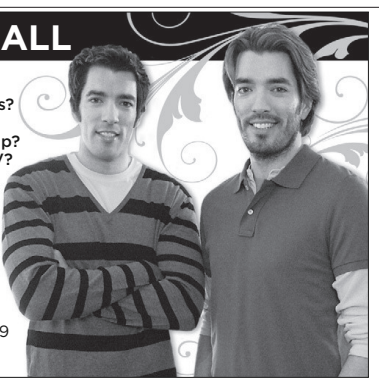
I also encouraged Markham Council to see the 60 per cent threshold for what it is — a gutsy and bold departure from past development patterns.

I have to admire the frankness of Councillor Jack Webster who noted that it was past councils, not developers, who determined what Markham looks like today. That said, neither Webster nor the majority of council was prepared to do a complete turn towards 100 per cent intensification, as proposed by some.

I take my hat off to Markham Mayor Frank Scarpitti and the seven councilors who voted in support of balanced growth in Markham.

Stephen Dupuis is president and CEO of the Building Industry and Land Development Association (BILD). He can be reached at president@bildgta.ca.

CASTING CALL



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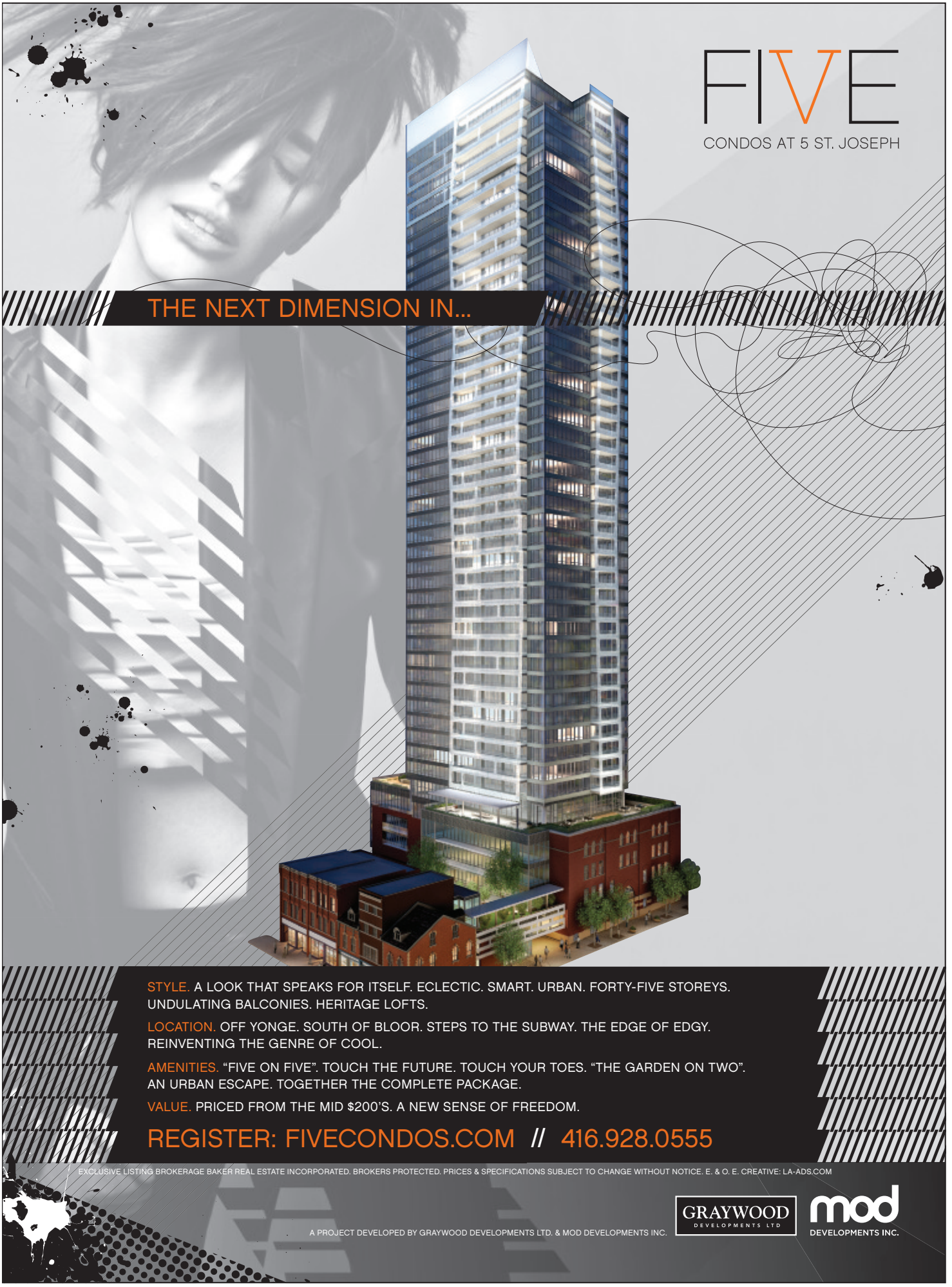
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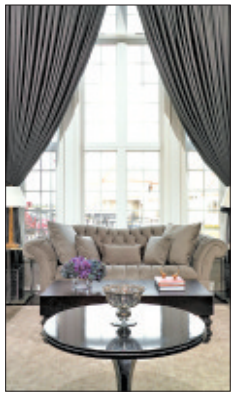

The Windfields model home at King County Estates use of colour is both masculine and feminine, says designer Sabrina Albanese.

Old England inspires the design of the Windfields model home at King County Estates in Nobleton to create a look that still feels modern in spirit.

The 4,536 square-foot model home at the Nobleton development shows off the best of traditional style melded with modern looks and proves that harmony between the two can make an eye-catching statement.

Designer Sabrina Albanese took her inspiration from the manor homes of old England, mixing Victorian-themed furniture with modern lines for a look that harkens back to the days of literature and country life.

"I wanted the home to have an old English manor type of style — there's a strong equestrian theme that goes throughout the house. I imagined if Jane Austen moved to modern-day North America, this is what her New York home would look like," Albanese said.

While neutral tones do form a base throughout the home, Albanese punched up the look with strong, vibrant splashes of colour throughout to make the space feel more alive and exciting. Elements like the blue cashmere chairs in the living room and bold accents of gold and silver in the living and dining areas contrast against the long, charcoal grey drapes made from heavy linen and the mix of textures and colours is meant to elicit a dichotomy of personalities.

"The masculine colours are mixed with feminine colours to make the space more engaging and give it more character," Albanese said.

The main dining area features dark-brown toned distressed leather chairs around an aged wooden dining table with French-style tulip legs juxtaposed against the white walls and dark drapes to create a traditionally elegant look that still feels modern.

The master bath features an impressive, tiled central tub and gold accents throughout which Albanese styled to match the look of a Venetian palazzo. The spacious master bedroom sees a more feminine design with subtle off-white tones and an emphasis on rounded lines and edges and softer textures.

"There's a lot of silk and linen in the master bedroom because I'm attempting to make it feel more feminine. I just want it to feel really grand and decorative, like it has an old-world feel," Albanese said.

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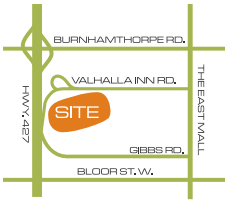

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The High-Output Floodlight ... nestled in a faux rock is six times brighter than a standard solar light great for a starry night. Wal-Mart, $19.63, walmart.ca. JENNIFER BILL/FOR METRO CANADA

The Caprino outdoor chairs are made of durable, weather-resistant rattan wicker. The chairs stack up to four high for compact storage and come with Sunbrella UV and mildew-resistant cushions. Industrial Revolution, Club Chair $740 Dining Arm Chair $535, industrialrevolution.net.

It's a patio **party!**

JENNIFER BILL
for Metro Canada

Gone (thankfully) are the days of cheap plastic chairs scattered across the patio.

Today's deck spaces have taken on the look of the living room, as stylish comfort moves to the outdoors, with soft, water-resistant sofas, cushy and cute pillows, and attractive lighting.

"A great patio (set-up) would be comfortable seating mixed in with really nice greenery to kind of give the patio a zen feeling," says Alan Wilson, owner of Vancouver's Industrial Revolution.

Wilson says a mixture of different seating types — bar-height or low beanbag chairs — is ideal.

"More and more people are going with soft seating for outdoors … as well as cantilevered umbrellas to shade the sun and create an awning effect," says Wilson.

The retro-chic Beanbag Chair has been re-imagined for fun in the sun. Generously sized yet lightweight with a water-resistant poly shell. West Elm, $229., westelm.com.

The Cococabana patio bar is the perfect addition to any outdoor party. Made from Indonesian teak, it easily folds and wheels away for convenient storage. Industrial Revolution, $1, 500, matching stools $289, industrialrevolution.net.

The St. Tropez patio chair is compact and folds for easy storage. The frame is made of teak and the seat/back is made of highly durable and maintenance-free textilene, which is UV and weather treated. Industrial Revolution, $699, industrialrevolution.net.

Let there be light and food — this stunning Steel Fireplace with cooking grid just might steal the focus off the party's host. Wal-Mart, $148, walmart.ca.

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Could your attic use a little love?

A livable attic can add some value to your home. If you've not been up to yours in a long time, perhaps now is a time to check it out.

HomeScape

What's your attic doing these days? If yours is just sitting up there doing nothing, take a moment to imagine all that potential living space just waiting for you.

A finished attic bedroom, in particular, adds value to your home. It's like a private and spacious suite, removed from the rest of the household. Who wouldn't like that?

And if you spend moderately, at around $10,000 to $15,000, you could get back up to 90 per cent of what you spent if you sell, according to information published at the Do-It-Yourself website (doityourself.com).

The problem with an attic room is that spending moderately may be difficult, depending on the conditions in your attic.

If you've fortunate enough to have an attic that is high enough and spacious enough, is structurally sound, and hopefully, has a set of serviceable stairs, you're well on your way. If not, you're looking at extra costs, which may make the project less palatable.

If your conditions are good, you'll only be paying for the basics such as adding insulation (and this is critical in a space notorious for being too hot in the summer), framing and installing a ceiling and walls, perhaps building or improving stairs, improving windows on the vertical walls, adding wiring, plumbing and flooring.

First of all, note that if you have V-shaped support posts (called trusses) from the floor joist to the rafters, you may have to look elsewhere in your house for extra space. Trusses block useful space in an attic, and cannot be easily removed without compromising the structural integrity of the house.

What you're looking for in the attic are strong, frequently-spaced rafters extending all the way up to the peak without interruption. Sagging and water staining probably means you will need to do repair work to fix any weakened wood, and fix the source of the leak.

If you've don't have enough head room, you can still renovate your attic, but the cost will reflect the major structural work of raising the roof or part of it, or building a window tower, or adding dormers a window that projects vertically from a sloping roof. (The cost of this work will vary enormously, depending on the specific conditions at your house. Get advice and quotes from several reputable contractors.)

Dormers also have another great advantage in that they allow natural light, a real plus in a space that does not usually contain a lot of windows. Skylights are another way to introduce natural light.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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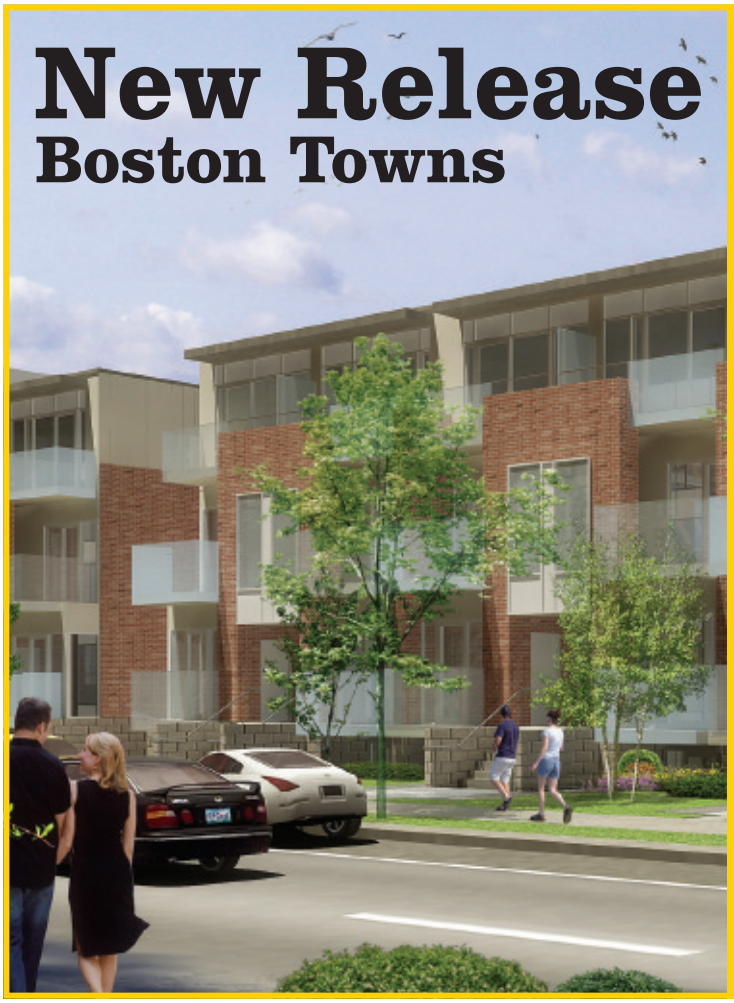

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Get ready for cottage season

DecorMoment

Part three of our Summer Decorating Style series continues with style icon of India Hicks. She's the television host of Bravo's Top Design, designer of two guest houses and a restaurant/hotel in the Caribbean and creator of the award-winning Island Living Collection of fragrances for Crabtree and Evelyn. This week we discuss designing a dream summer home.

Q What word(s) best describe a dream summer cottage to you?

A There are many words that describe a dream summer cottage. Maintenance-free; you shouldn't have to worry about a spill, children or sandy feet. Freedom and privacy; leaving the windows open at night and blasting your favorite song should never be a concern. Relaxed way of life; buying rustic and vintage pieces of furniture helps create an eclectic, casual effect.

Q What would your dream Canadian summer home look like?

A Not all summer cottages have their feet in the sand and their heads in the blazing sun, however I would want to establish a sense of harmony with nature wherever we were. Using natural materials like stone and wood from local sources will allow the house to blend with the environment.

Natural ventilation like windows that open, screened doors and skylights that keep the house cool at night.

Architectural elements like wide wooden floor boards, screen doors that bang, tiny attic rooms make a summer house quirky and evoke childhood memories.

A few pieces of handsome furniture (not just main house castaways), a succession of family pictures linking the past with the present.

Accumulated books and vintage board games help to create a comfy place where everyone will want to spend time.

Of course the quintessential and indispensable discussion of the day's weather will start the conversation every morning.

Style icon India Hicks gives Metro the lowdown on summer homes.

Q Should a second (summer) home cost a lot? What should you splurge on/not splurge on?

A Once your dream home is built, the biggest expense should be a trusted and reliable caretaker.

My dream cottages always have wide verandahs. They help expand the inside and should have outdoor furnishings comfortable enough for afternoon naps.

Your summer home should be decorated less formal than your city house. Good sturdy furnishings don't have to cost a lot and can last a long time.

Bathrooms that feel like they have been part of the history but have actually been recently updated. Its always a dream to have an old claw-foot cast tub; such a humble luxury.

"Your summer home should be decorated less formal than your city house. Good sturdy furnishings don't have to cost a lot and can last a long time."
Style icon
India Hicks

Q Shouldn't every summer home have one of your candles to create a getaway mood?

A Lots of wonderful smelling candles for long affectionate dinners, with friends and family. The Island Living three-wick candles are fantastic but so are fresh flowers and the faint smell of burning ambers from a cool night's useful fireplace.

Karl Lohnes is passionate about good decor and wants to help you have a beautiful home; no matter what your budget or style.

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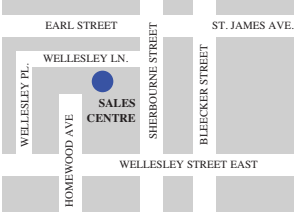

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"Hardscaping" your backyard — installing a pool or stonework — only has a 25 per cent return on investment, according to doityourself.com.

Kitchen and bath both done, what's left to renovate?

SYLVIA PUTZ
for Metro Canada

We've all heard that bathroom and kitchen renovations add the most value when you sell your home.

But what about other types of renovations such as landscaping?

"Freshening up is the best way to get more bang out of your landscaping buck," says Tony Colavecchia, owner of Toronto-based Edan Oaks Landscape Contracting. This means concentrating on the visual things, like planting or pruning shrubs, mulching, tidying, and removing clutter.

Figures published at the Do-It-Yourself website (check "What not to renovate" at doityourself.com) suggest that you'll get back as much as 50 per cent on "soft" landscaping costs, particularly if your plantings provide privacy.

On the other hand, many "hardscaping" features involving stonework such as driveways or walkways or a pool, for instance, pay back only around 25 per cent of what you spent, according to the website.

One exception is a patio, which can double or even triple the payback. "Some kind of living space outdoors is important, since a lot of people are staying home to relax rather than buying cottages," says Daniel Marc, one of the owners of DS Stoneland Landscape Construction.

What is also important is to plan for the whole job. Avoid a piecemeal approach, since this can result in expensive rework and an uncoordinated look.

Simple privacy-inducing ivy can have a very good return on investment when you sell your home.

Pool?

• If you are interested in a pool you can expect to pay — for landscaping and installation — a range of $30,000 to $150,000 for an in-ground pool with a vinyl liner, and from $80,000 to $250,000 for a concrete pool, says Pete Whitaker, owner of Toronto-based Lakeshore Pools.

How about a fireplace?

Most people love the way a fireplace looks in their home, and having one is seen as a plus on the real estate market.

If you spend $3,000 updating a fireplace, you'll probably get about 75 per cent of your costs back when you sell, according to the figures published in te Do-It-Yourself website.

A gas fireplace insert is the choice of most people. "Gas will add the most value to your home because it is easy to use, and you can demonstrate it during a house showing," says Lowell Bower, operations manager at The Fireplace Shop (thefireplaceshop.com).

Whichever type of fireplace you have, beautifying it never hurts. "If you have a brick fireplace, use marble or slate to disguise the brick and raise the value of the home."

Windows?

"Buyers will notice new windows, but it doesn't make much difference in the selling price of the home," says Jimmy Melo, of JRM Aluminum and Glass.

In older homes, windows are the major place where heat is lost, so new windows can help decrease heating costs, however, he added.

ADVERTORIAL

LIMELIGHT CONDOMINIUMS AT MISSISSAUGA CITY CENTRE

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To provide you with additional information on the incredible opportunity to own at Limelight - the most amazing new condominium coming soon to Mississauga, Daniels is offering a special HOMEOWNERSHIP SEMINAR. Anyone interested in receiving advance information and having their new home buying questions answered by industry professionals should REGISTER TODAY at www.limelightcondos.com to receive an invitation.

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Think your house is finished? It's time to add some character

SYLVIA PUTZ
for Metro Canada

Ensure hardware such as knobs, door handles and faucets are coordinated in style and colour when adding character to your home.

Have you finished with all your reno projects?

Yes, the construction or renovation may be complete, but does your home have character?

"People often forget those things that can bring warmth and character into a home," says Heidi Richter, designer and owner of HR Design.

"All houses can benefit from things like rugs, window treatments, and accent cushions regardless of what type of home it is," says Richter. Lots of fabric adds warmth and depth to a room, she adds.

Another way to bring in warmth is to personalize the house. To do this, bring in pieces with history, or those that have a story associated with them. Heirloom furniture, family or travel photos or pieces bought while traveling add a personal touch.

Even the decisions you make about decor can reflect personality. "Incorporate personality in finishes," advises Richter.

Mouldings and hardware, among other details, are also important in adding a graceful finish. Here are some hints for different styles of home.

Traditional

• Ensure hardware such as knobs, door handles and faucets are coordinated in style and colour. A more ornate style is suitable, often in gold or bronze tones.
• Consider a brass door-knocker and a kick-plate on the front door.
• Make sure finishing mouldings are present. The style of traditional-looking baseboards, door and window casings, stair railings, and crown mouldings and picture frames tend to be detailed. Be sure the style is unified, rather than a mish-mash of profiles.
• Fabric patterns are usually detailed and intricate, including upholstery and Persian rugs.
• Drapery is usually formal and tailored, often with valences and other sumptuous detailing.

Contemporary or Modern

• Make sure hardware is coordinated and the style simple, usually in silver chrome or polished nickel.
• Look for curved, sleekly styled hardware to create a classic contemporary feel.
• Modern or loft-style hardware is more aggressively styled, with angular edges, and can be industrial in its more extreme incarnations.
• Mouldings usually have a simple, square-edged look, or may be absent in a very modern setting.

For the suburban or builder's home?

• If your home has basic builder finishes, replace flimsy three or four-inch baseboards with wider (seven or eight-inch) types. Try crown moulding, wainscoting or graceful architectural pillars in formal spaces.
• Update builder model cabinet knobs and doorknobs with more costly but richer-looking versions. New faucets also stand out.

Having adjoining property issues?

LegalMatters

Jeffrey D. Cowan
jeff@cowanlaw.ca

Q We purchased an investment property a number of years ago, a small bungalow that we have rented out successfully for several years. We eventually bought the house beside it. We now have it rented but are finding that the pressure and ongoing maintenance for both properties is increasingly taxing on our time and energy as seniors. We want to sell the houses but our lawyer has informed us that the properties have merged under the Planning Act of Ontario and we have to apply for a severance through the Committee of Adjustments. Can we avoid this?

A One of the things that people don't realize is that if they own adjoining properties that form part of a lot (a legal definition) then under the Planning Act of Ontario, the properties are deemed to have become one property and cannot be sold separately. You will need City approval to separate them legally before you can sell them individually. A method to avoid this is to own the properties under different names. So, for example, your spouse owns one of the properties while you own the other one. Or perhaps you incorporate a company to purchase one of the properties, which will allow you to take advantage of the $750,000 capital gains exemption.

Jeffrey Cowan is the principal with Cowan Taylor and McGee, Barristers & Solicitors. The information in this article should not be relied upon as legal advice.

Fashion & music come together
Next Thursday, the Berkeley Church will bring fashion and music to life at the Strut for a Cure event starring supermodel Coco Rocha with emcee Jeanne Beker and musical guest Dragonette. For tickets, visit strutforacure.com. METRO NEWS SERVICE

Style

Swarovski in Carrie's closet

Swarovski has added a little sparkle to the latest instalment of Sex and the City with two stunning evening purses. In the film, the Kiosque, $825, (pictured left) and Power bag, $950, (far right) are seen in character Carrie's (played by actor Sarah Jessica Parker) closet and around her room. The bags are available for purchase at Swarovski boutiques across Canada and on swarovski.com. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Field *of* fashion

Famed SATC costume designer ignores trends

TINA CHADHA
Metro World News

Sex and the City 2 costume designer Patricia Field, right, stayed true to her trademark style of mixing high- and low-end brands in the film.

Patricia Field, the woman who put Carrie Bradshaw in Manolo Blahniks, tells us about her style inspiration for Sex and The City 2 and why even her most fashionable leading lady, like the rest of us, needs to hang out in a plaid shirt.

Q Sex and the City is a very fashion-driven film, how mindful were you of trends when creating the wardrobe for the second movie?

A I'm not mindful of trends. I kind of run away from that because what's going to be there next season is not going to be there the season after. And movies last a long time. If you look at Breakfast at Tiffany's today, it looks absolutely gorgeous. You don't say it looks out of style.

Q What was the single most influential factor in the way you dressed Carrie, Samantha, Charlotte and Miranda for this film?

A If you find your hook in the script, you go with it. In the first movie it was that five years has passed since the TV show. I had to fill in the space of that time, and arrive at the present. They're the same people, but you know, things do change slightly. So it was in that way that I wanted to focus. I just imagined how each one was. For example, Carrie continued writing professionally. Her look was so influenced by her profession. She was a thinker, she was always analyzing everything. I thought, the funky part of Carrie would still be there, but the edges would be a bit smoother so to speak. The second movie was driven by a complete different set of circumstances. The main thing is they get invited to the Middle East by a sheik for a 10 star vacation. So this was my motivation. The anticipation of a trip that they never even could imagine.

Q Do you think the girls still reflect the way women dress?

A I don't know if they ever did. I think maybe they set the bar or the aspiration level. I hear from people that Sex and the City changed the way women dressed. (When dressing the characters) I reflect the way I think NYC women dress; it comes from inside of me. It's based on a little bit of fantasy, the history of glamour and my mindset throughout my life.

Q I read somewhere that you mixed high and low fashion brands for this film.

A I always mix high and low, it's my style. It gives you a wider variety, a bigger palette. Why stay with one designer? Why stay with only designers? You can have it all. I mix in H&M, Topshop — Zara is a big one that I use. (For SATC2), I used a lot of vintage. I was yearning for chic simplicity after all the past years of post '50s and '60s geometric, crazy shapes. Carrie wore a plaid blue shirt in the movie. And it was like, 'Oh you're just hanging around. Lets put you in an old plaid shirt and jeans.' I mean you can't get dressed up every five minutes. Let's give it a breather for one scene.

Q Is it true that the wardrobe cost $10 million dollars?

A I just read $4 million. I don't know how much it was, but I think it was more around $1 million. Usually I know because budget is extremely important, but it seemed like with this movie there was no stopping. The whole mood was like, 'What do you need? Get it.' And after a while I was like, 'They have an unlimited budget I'm not going to worry about this anymore.'

Q You designed a limited edition SATC2 bottle for Skyy vodka. I can practically hear the Cosmos being shaken up now.

A The inspiration was that (both brands) are world labels. [So I thought) lets take the iconic skyline in Sex and the City and pop in an Eiffel Tower or Big Ben, it will make it more worldy.

Glamour is back!

Carrie, Samantha, Charlotte and Miranda are back in all of their fabulous shiny, jewel-toned, turban-wearing glory.

But before the sequel to every city girl's favourite movie hits theatres, follow these steps to get yourself back into SATC mode.

METRO WORLD NEWS

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Shopping for a summer suit

Summer can be a tricky time for the men's suit because in addition to fit and cut, you've now got to think about fabric and color too.

No one wants to be that poor soul who is sweating buckets in a heavy black two-piece. To save you from a summer of uncomfortably dressed days, we looked to London, home of Savile Row and a long tradition of suit-making, to find out the top five things to consider when purchasing a suit. The British tailor Oliver Benjamin, fills us in.

Here are five key tips to consider before you hit the dressing room.

1 FABRIC

"The most important things are the fit and the fabric," Benjamin says. Save the heavier material for winter and look for "linen and lightweight wool and cotton," he adds.

2 TROUSERS

Too many men wear their suit trousers like their jeans, casually falling below the waistline. "The suit trouser (preferably flat fronted or single pleated) should sit just above the hips," says Benjamin. "And the trouser leg must fall half-way down the back of the shoe."

3 JACKET

"The most popular style at the moment is the two button jacket with slim peaked lapels," says Benjamin. "It should fit snugly on the shoulders without being too tight. The shirt cuff should fall one centimeter below the suit sleeve," he adds. But don't go near a slim cut suit if it doesn't work with your body type. Bigger men, for example, should consider a single button style to create a leaner silhouette.

4 COLOR

"Try a soft blue, beige, or gray," says Benjamin. He suggests playing with nuances for summer rather than mixing electric shades. If you're craving more color, he recommends "loosely stuffing a bright handkerchief in the top pocket or wearing bold socks instead."

5 SHOES

The wrong shoes can destroy the look you worked so hard to put together. Benjamin suggests sticking with a classic Oxford style (the traditional round toe, lace-up shoe). For a more casual look, try a slip-on loafer. METRO WORLD NEWS

Accessorize wisely

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HUNDREDS OF STYLES

Travolta, Preston expecting a new baby

John Travolta and Kelly Preston have been waiting for good news for some time, and they finally have it. After losing their son, Jett, last year and two family dogs earlier this week, the couple have announced that 47-year-old Preston is pregnant. **METRO WORLD NEWS**

Entertainment

Tasty animals

British tabloid The Sun is thrilled to reveal Nicolas Cage only eats animals whose sex lives he can respect. "I actually choose the way I eat according to the way animals have sex," Cage said. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

⊕⊕⊕⊕⊕ A CLASSIC; ⊕⊕⊕⊕ EXCELLENT; ⊕⊕⊕ GOOD; ⊕⊕ FAIR; ⊕ POOR

LCD Soundsystem checks out

Murphy mirrors his heroes on third and final album

This Is Happening is the third — and likely the last — album from LCD Soundsystem.

LCD **Soundsystem**

Album: This Is Happening
Label: DFA/EMI
Rating: ⊕⊕⊕⊕⊕

JAMES MURPHY'S LESSON in musical fusion has always been as recreational as it's been educational. For the third LCD Soundsystem LP, he boldly named it This Is Happening, perhaps to prepare us for his supposed exodus. New ground hasn't necessarily been broken, but Murphy's post-punk/Krautrock symphonies are given added relevance by his increasingly self-reflective musings. Alluding to the "well running dry" and using up his "desire for discovery," if this is his last album at least he celebrates it with an exclamation point like Pow Pow. Reiterating a wish to head home, he leaves us with an impeccable three-album arch to rival the heroes he's mirrored over the last eight years.

Cam Lindsay/for Metro Canada

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The **Sadies**

Album: Darker Circles
Label: Outside
Rating: ⊕⊕⊕⊕

OPENING A SADIES CD has always been like crawling into a dark hollow in Appalachia and waiting for the LSD to take effect. Sometimes the results could be fairly spooky. Fortunately, the Sadies have shaved most of the trip bumps off their latest, possibly finest, offering. There remains a low dose of psychedelia in a space cowboy sort of way. There's even some surf guitar and spaghetti-western sound effects. For the most part, however, Darker Circles finds its roots in the pre-acid days of folk-rock. Jangly guitars and sweet harmonies. Dark, but not scary. It's what the Sadies do best.

Graham Rockingham/for Metro Canada

The Black **Keys**

Album: Brothers
Label: Nonsuch/Warner
Rating: ⊕⊕⊕⊕

IS IT JUST me or do the Black Keys get better with every album? Their latest is a tight blues rock record that feels like a cross between the White Stripes and Spoon. Danger Mouse is at the producing helm once again, and his influence is noticeable — the infectious groove on opener Everlasting Light has his trademark, Crazy-like sound. But this is really about Dan Auerbach and Patrick Carney's strong songwriting. They do away with some of the more psychedelic sounds of their last disc and focus on succinct, measured tracks. There's nothing over the top and the subtle riffs and soulful keyboard flourishes on Tighten Up are remarkable.

Bryan Borzykowski/for Metro Canada

Crystal **Castles**

Album: Crystal Castles
Label: Last Gang
Rating: ⊕⊕

THIS MAY BE a debatable point in some of the outer circles of "art," but it's usually not a good idea to record music that is painful to the ears. Which brings us to the opening track of the new CD by this Toronto electro-experimental band. It's called Fainting Spells. Epileptic Seizures would have been more appropriate. It's not only annoying, it's ... well ... painful. Then there's track 3, Doe Deer. Whatever it is, it should have been put out of its misery. It's a shame, because this CD also contains some wonderfully sublime stuff.

Graham Rockingham/for Metro Canada

Band of **Horses**

Album: Infinite Arms
Label: Columbia/Sony
Rating: ⊕⊕½

THIS BAND SOUNDS like a Hollywood version of My Morning Jacket. Which doesn't make a lot of sense, does it, especially for a band that started out on Seattle indie label Sub Pop. The opening track, appropriately titled Factory, sounds a bit like a chance meeting between the Everly Brothers and Coldplay. The rest of the CD's 12 tracks feature a weird blend of over-produced campfire harmony vocals backed by lo-fi garage guitars. At times, it works ... but too often it doesn't. Don't be deceived. Despite all the beautiful outdoorsy photos contained in the cover package, most of this CD was recorded in Hollywood.

Graham Rockingham/for Metro Canada

Album**Reviews**

music@metronews.ca

Bo **Bice**

Album: 3
Label: Saguaro Road
Rating: ⊕⊕

DON'T FEEL BAD if you've forgotten about Bo Bice, American Idol's season four runner-up. While he didn't win, he may take the prize as most boring southern rocker alive. Imagine Kid Rock sober, or Lynyrd Skynyrd without the hits, and that's Bice. His songs are catchy, but they're better suited for NFL commercials than a record collection. The songs follow the southern rock formula to a tee — speedy solos, some fiddle, a vocal twang and tunes about the ladies. And that's it; it's got nothing that'll help it rise above all the other southern rock fare.

Bryan Borzykowski/for Metro Canada

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Bieber tries to be normal teenager

When you're a 16-year-old pop star who jets around the world, hangs out at the White House, gets chased by hysterical girls on the regular — and maintains the most perfectly coifed hair in the universe — it's hard to be a typical kid.

Despite his success, Justin Bieber is trying to be a "regular kid."

Still, Justin Bieber tries.

During a recent interview, he talked about setting up time to spend with a friend. Except unlike other kids bumming around town, Justin will be flying out his buddy to spend the weekend in a plush hotel, and will hang with him only after he's done with the myriad of responsibilities that befall the hottest entertainer on the planet.

"I try to spend as much time with my friends and just be a regular kid as I can on top of work," says Justin.

Of course, being a regular kid when you are arguably the most popular commodity in entertainment is a near impossible task. It seems as if the world has been engulfed in Bieber-mania: The YouTube phenom-turned-superstar has graced the cover People, had appearances on Oprah Winfrey, Saturday Night Live and Ellen, been a guest at the White House and sold more than a million copies of his debut album, My World 2.0.

He poses for photos with Kim Kardashian and starts a frenzy on Twitter. ("Seriously Biebs," she posted, "I'm getting death threats from your fans.") He's friends with the Jonas Brothers and Jaden Smith and counts Usher as his professional mentor.

It's hardly kid stuff. But you won't hear much complaints about it from Justin.

"People ask me, 'Do you wish having a regular life?' And I'm like, 'You know, not really.' ... Just regular people, they're like, 'Maybe I want to be famous,"' reasons Justin. "They want to be famous, sometimes I want to be just regular, just hanging out or whatever. There's ups and downs to everything."

There haven't been many public downs for the young Canadian since his meteoric rise. He first got noticed with his homemade videos on YouTube, which have collected millions of views. In one, he sang a cover of a Chris Brown song — closing his eyes, moving with the music, his voice clear and strong, with posters of Bart Simpson and Tupac Shakur visible on the wall in the background.

It didn't take long for the music industry to notice — interest was so high that both Usher and Justin Timberlake battled to sign him to their respective labels, with Usher winning out. His down-home charm is both authentic and intentional — and possibly critical to his continued success. His 28-year-old manager, Scooter Braun, used YouTube to build Bieber's fan base for months after singing him.

"We gave it to them through the mediums they knew were real," he continues. "That's why these kids feel an ownership in him."

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Standing up to cancer

TV fundraiser aims to top $100M raised in 2008

Stand Up To Cancer, a 2008 multichannel TV fundraiser that helped deliver more than $100 million for research, is returning in September.

Leading the charge again is film and TV producer Laura Ziskin, who is executive producer of the show and is undergoing treatment for the disease.

The hourlong Stand Up To Cancer, to be simulcast commercial-free by ABC, CBS and NBC and cable networks and hosted by network news anchors Brian Williams, Katie Couric and Diane Sawyer, will air the Friday after Labour Day, Sept. 10.

The broadcast will address cancer's toll but, Ziskin said, will combine that with entertainment to demonstrate "we're not grim, we're very hopeful. The main thing we want to show is there's progress."

As with the first simulcast, this year's edition will feature movie, TV and sports stars and musical performers. Lance Armstrong, Meryl Streep and Beyonce were among those who took part last year, and Ziskin is working on a similarly starry lineup.

"I literally call up people I know and say, 'I'm just trying to cure cancer.' I'm shameless in the pursuit of that goal. But this is really important," said Ziskin, who has metastatic breast cancer.

The new telecast will detail how the money collected in 2008 has been distributed, she said.

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KOICHI KAMOSHIDA/GETTY IMAGES

Beyonce, among others, performed at last year's event. The list of participants for this year's show has yet to be announced.

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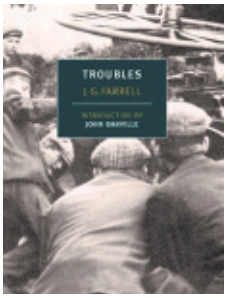
Book no longer 'lost'

A tragicomic historical novel about the relationship between Britain and Ireland won literature's prestigious Booker Prize on Wednesday, four decades after missing out because of a scheduling quirk.



J.G. Farrell's Troubles was awarded the "lost" Booker Prize for works published in 1970, a year when no prize was handed out. Set in 1919, the novel is about an English army officer ensconced in a crumbling Irish hotel, scarcely aware of the war for independence breaking out around him.

Farrell was chosen over five other finalists: Patrick White's The Vivisector, Mary Renault's Fire From Heaven, Nina Bawden's The Birds on the Trees, Shirley Hazzard's The Bay of Noon and Muriel Spark's The Driver's Seat.

Farrell, who drowned while fishing on the Irish coast in 1979, also won the Booker in 1973 for The Siege of Krishnapur. Those two novels — along with a later book, The Singapore Grip — form a trilogy exploring the end of the British Empire.

Television news anchor Katie Derham, one of three judges who chose the finalists, said the prize should bring a new generation of readers to the author, whose reputation has faded since his death at 44.

"He was this great talent whose life was cut short," she said. "I think at the time he was building up into someone we would all have heard of and studied at school."

The shortlist was selected by a jury whose members were all born "in or around" 1970. The winner was decided by public vote on the Booker website. Organizers said Farrell's book had 38 per cent of the votes, more than double the support of any other title. Of the shortlisted authors, only Bawden and Hazzard are still alive, but all the books remain in print.

The Booker Prize — officially named the Man Booker Prize after its sponsor, Man Group PLC — was first handed out in 1969 and is open to writers from Britain, Ireland and the Commonwealth.

The prize was originally awarded for books published the previous year. But in 1971, it became a prize for the best novel published that year — leaving novels published in 1970 out in the cold.

The Lost Booker is the third special prize to be created by the organization. To mark the prize's 25th anniversary, a Booker of Bookers was created and in 2008, the 40th anniversary, there was a Best of the Booker award. Salman Rushdie won both prizes with his novel Midnight's Children.

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Williams picked for Desperate Housewives
An ABC rep confirms that when Desperate Housewives returns next season, its cast will include Vanessa Williams. Series creator Marc Cherry previously said he was looking for a new troublemaker to fill the void left by the demise of Nicollette Sheridan's Edie. EW.COM

Buzz growing around Emily

Montreal native landing juicy roles

CHRIS ALEXANDER
for Metro Canada

Eyes and ears are honing in on Canadian born actress Emily Hampshire.

The beautiful, talented Montreal native has long been a figure on the landscape of homegrown entertainment, starting her career as a teenager and appearing in a slew of television shows and feature films, with a healthy sideline doing voice work in cartoons.

But now, with 14 years in the business, her name is finally getting some much deserved ink after starring in Jacob Tierney's festival favourite, The Trotsky, an ironic career twist that also comments on the state of Canadian film culture.

"When I first started out, I wanted my first bang to be this big movie that would change my life," says Hampshire, in Montreal doing press for The Trotsky, currently running in theatres.

"If I can impart any wisdom to any young actor, it's that you have to find a community."
Canadian actress Emily Hampshire

"But that was unrealistic, especially here. There isn't a star system in Canada so eventually, after many years I moved to L.A. In L.A., there's a weird disconnect.

"You do one movie and become famous or you wait tables. The funny thing is, I've been working in Canadian films more now than ever since moving to L.A., that's just the way it is."

Hampshire's role as a delusional teen's muse in The Trotsky fully exploits her natural persona: a warm blend of femininity and intellectualism, that has exemplifies the complete control of her brush she's perfected over the years.

Upcoming roles for the talented actress include sharing lead screen time with Canadian legend Elias Koteas in director Dominic James' Die and re-teaming with Tierney and Baruchel for the intense Montreal set thriller Notre Dame de Grace, a picture that also stars Scott Speedman (Underworld) and hot actor/filmmaker Xavier Dolan (I Killed my Mother).

The Trotsky is currently playing in theatres

But no matter her achievements, Hampshire insists her sudden rise in profile was not entirely reached on her own.

"If I can impart any wisdom to any young actor, it's that you have to find a community," she says.

"I've found the greatest success and strength in finding a group of people that you can collaborate with, that you can trust and that will bring out the best in what you do."

Emily Hampshire, star of The Trotsky, has plenty of upcoming projects.

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Rush doc to hit Canadian theatres

FILM The documentary Rush: Beyond the Lighted Stage will have a brief limited run in theatres starting June 10.

It had its world premiere in April at the annual Tribeca Film Festival in New York, where filmmakers Scot McFadyen and Sam Dunn won the Heineken Audience Award.

It will screen in Toronto, Vancouver, Montreal, Calgary and Quebec City on June 10 and have more showings in Montreal June 11-17. It will be shown in Saskatoon, Halifax, Moncton, N.B., and St. John's, N.L. June 11 or June 11-12, and in St. Catharines, Ont., on June 18.

THE CANADIAN PRESS

Regis and Kelly coming to P.E.I.

TV It's official: Live! With Regis and Kelly is coming to Prince Edward Island. The P.E.I. government confirmed yesterday that the U.S. morning show featuring Regis Philbin and Kelly Ripa will broadcast from the Island this summer. Four shows will be aired from July 12-15 from Confederation Landing Park.

THE CANADIAN PRESS

TO	Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/20/10 primetime	265	353	2	TVO	Super Structures		The Agenda With Steve Paikin		Trial and Retribution		The Eloquent Nude		Peppers
	211	331	3	GTV	Entertainment	ET Canada	Bones (N)		The Office (N)	'Til Death	90210 "Confessions" (N)		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	NHL Hockey Philadelphia Flyers at Montreal Canadiens. (Live)						CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Community (N)	Parks/Recreat	Curb-Enthsm	30 Rock	The Marriage Ref (N)		News
	212	313	8	CTV	The Mentalist (N)		CSI: Crime Scene Investigat'n		Grey's Anatomy The hospital is hit with a crisis. (N)				CTV News
	218	345	11	CHCH	*Funny Farm* ★★ (1988, Comedy) Chevy Chase.				*The In-Laws* ★★★ (1979, Comedy) Peter Falk, Alan Arkin.				News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15	SUN	Old Christine	The Insider (N)	Smallville "Society"		Smallville "Legend"		The Insider	Dream Car	Becker
	-	387	16	CBS	Inside Edition	Access H.	The Mentalist (HDTV)		CSI: Crime Scene Investigat'n		The Mentalist (N)		News 4 at 11
	-	385	17	NBC	Entertainment	The Insider (N)	Community (N)	Parks/Recreat	The Office (N)	30 Rock	The Marriage Ref (N)		News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	FlashForward (HDTV) (N)		Grey's Anatomy The hospital is hit with a crisis. (N)				News
	219	346	20	ACH-B	TMZ (N)	Access H.	FlashForward (HDTV) (N)		Fringe (N)		Monk		A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	Bones (N)		Fringe (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	My Hero	Doc Martin		Human Senses		MI-5		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Smallville Mysterious agency sends Lois a package.				PIX News at Ten (N)		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	Smallville
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (N)		
	509	504	79	CNB	Kudlow Report (N)		MacHEADS		Dirty Money: Prostitution		Carbon Hunters		Mad Money
sports	405	417	22	net	MMA Conn	Sportsnet Con.	Hockey Memorial Cup: Teams TBA. (HDTV) (Live)						Sportsnet Con.
	400	400	30	TSN	That's Hockey	North American Poker Tour		NBA Basketball Eastern Conference Final, Game 2: Teams TBA. (HDTV) (Live)					SportsCentre
	411	457	58	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters		Destin. Truth
	417	406	81	SC	NASCAR Race Hub (HDTV) (N)		NASCAR Hall of Fame (N)				NASCAR Hall of Fame Biogra		NASCAR Hub
family	551	542	25	YTV	That's-Weird	Family Biz	Ruby/Rockits	Hates Chris	8 Simple Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
	554	544	45	TEL	Spliced (N)	Total Drama	Stoked (N)	Cartoon Gene	Futurama	King of the Hill	*Futurama: Bender's Game* (2008, Comedy)		
	556	540	51	FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Love It or List It		Confidential	Confidential	Divine Design	House-Sell	Love It-List It
	570	580	29	MM	Degrassi: TNG	Degrassi: TNG	Muchmusic Countdown			Video on Trial	Video on Trial	Video on Trial	UR11
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Fugitive Chron.
	700	800	35	TLN	Centrovetrine	Sky TG 24	Fan-Demanium				George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		Me, Myself and I: Elton John		The O.C.
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	UnStable
	616	521	39	SHO	Relic Hunter		*Seventeen and Missing* (2007, Drama) Deedee Pfeiffer.				NCIS "Red Cell"		NCIS
	620	523	40	BVO	Storytellers	Snapshot	Innovators	Writers	*Whale Music* ★★ (1994, Romance) Maury Chaykin.				Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		Bootcamp	Last 10	Last 10	Last 10	X-Weighted "Amy"		ET Canada
	522	506	43	HIS	Ice Road Truckers (HDTV)		Ice Pilots NWT (HDTV)		Ax Men (HDTV)		Ancient Discoveries		Re-Inventors
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Martin	Sarah	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Holmes Inspection		House-Bryan	Real Renos	House Hunters	House Hunters	Holmes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		Seinfeld	Seinfeld	*Wimbledon*
	576	582	49	BET	106 & Park: BET's Top 10 Live		Tiny & Toya	Tiny & Toya	*Soul Plane* ★★ (2004, Comedy) Kevin Hart, Tom Arnold.				Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		V Val's water breaks. (N)		Lost (HDTV) (N)		InnerSpace (N)
	581	566	52	MTV	Cribs	Cribs	Cribs	Movie Night	The Challenge: Fresh Meat II		Ult. Parkour	Ult. Parkour	MTV Live
	618	524	54	TROP	Reality	What Happen?	Family Guy	Family Guy	Seinfeld	Seinfeld	'70s Show	King	Comeback
	603	561	56	FOOD	Ricardo	Chuck-Day Off	HEAT, McEwan	At the Table	Ultimate Recipe Showdown		Ace of Cakes	Ace of Cakes	Bitchin
	261	394	60	V	Murder, She Wrote		On the Buses	The Good Life	*Of Mice and Men* ★★★ (1992, Drama) John Malkovich, Gary Sinise.				
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Toopy & Binoo	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby
	526	507	249	VIVA	Cold Case		Missing "Sea of Love"		Medium		Cold Case		Psychic Inv.
	300	601	301	M1	(7:10) *Gooby* (2009, Comedy-Drama) Matthew Knight.				*Tyler Perry's I Can Do Bad All By Myself* ★★ (2009)				*Four Chris*
	305	612	306	PIX	(6:50) *Quigley Down Under* ★★ (1990, Western)				*XXX* ★★ (2002, Action) (HDTV) Vin Diesel, Asia Argento.				*View of Terror*
	520	146	-	DISC	Daily Planet (N)		Drain the Ocean				MythBusters		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	*Return to Fantasy Island*		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	FT Found Footage		FashionTele	RAW	FT Found Footage		Britain's Next Top Model		Australia's

critics'corner

Tyler Perry's I Can Do Bad All By Myself
The audience for Tyler Perry's comedy-dramas turned out again in force for the theatrical run of his most recent film. Taraji P. Henson, an Oscar nominee for "The Curious Case of Benjamin Button," stars as a vice-ridden woman who is made the guardian of her delinquent niece and nephews (Hope Olaide Wilson, Kwesi Boakye, Frederick Siglar) — thanks to Madea (Perry), who catches them trying to rob her home. Adam Rodriguez ("CSI: Miami") also stars. 9 PM on M1

Bones
Booth and Brennan (David Boreanaz, Emily Deschanel) and the team investigate a set of remains believed to have been a hoarder. Angela's (Michaela Conlin) father (guest star Billy Gibbons) visits. Booth and Brennan are each confronted with irresistible opportunities. TJ Thyne also stars in the season finale, "The Beginning in the End." 8 PM on GTV

Add a little spice to your life

Lively Life (Lower Level, St. Lawrence Market, 93 Front St. E.) really has every kind of spice, condiment, oil, flour and grain you can think of. The small store is divided into different regions, making it easy to find everything you need. STEPHANIE DICKISON/FOR METRO TORONTO

Urban Foodie

●●●●● INSPIRED; ●●●● VERY GOOD; ●●● PALATABLE; ●● HO-HUM; ● NEVER AGAIN

In brief

WATCH Need a lot of little things? Try Kitchen Stuff Plus for your household needs. Pick up essential items from plates and candles to patio gear and kettles. Visit kitchenstuffplus.com for locations and info.

SHARI GOODMAN/ FOR METRO OTTAWA

Dining out

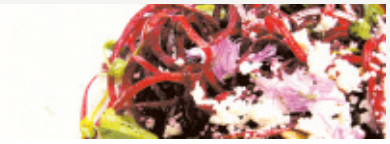
DELI-CIOUS Caplansky's Delicatessen (356 College St.) lives up to the hype. This mecca of smoked meat sandwiches, all-day breakfasts and dinners to die for is not only top notch, it is extremely affordable. Be sure to get a homemade soup. caplanskys.com

BEACHCOMBER At Sutra Tiki Bar (612 College St.), you can enjoy a bevy of cocktails served in traditional tiki glasses or coconut shells. Take you drink out onto the back porch — a floor of sand awaits you.

STEPHANIE DICKISON/ FOR METRO TORONTO

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of Beet 'Noodle' Salad.



STEPHANIE DICKISON/FOR METRO TORONTO

8 oz. Top Sirloin ($19).

More Irish bar than steakhouse

Quinn's name might raise expectations

STEPHANIE DICKISON
torontourbanfoodie@gmail.com

Quinn's Steakhouse & Irish Bar
96 Richmond St. — The Sheraton Centre
446-367-8466
quinnssteakhouse.com

Rating: ●●●
Dinner & drinks for two: $75

Quinn's Steakhouse is kind of what you'd expect from an Irish bar — dark wood, lots of beer and whiskey, and rowdy drinkers.

What is surprising is how tiny the tables for two are. How are we going to get two steaks on this? Also, it is way more pub than steakhouse. At these prices, you get what you pay for — a good, but not stunning steak — so go with friends to eat and hang out, not to swoon and savour.

On the web

- Get recipes and more great food content at metronews.ca/recipes.

The Smoked Salmon on Irish Soda Bread ($11) mostly disappoints. While the salmon is fresh and delicately smoky, the bread is a crumbly, dry, mess.

Lemon dill cream cheese, red onions, capers and greens round out the plate.

Quinn's steaks are 100 per cent Canadian, aged in-house and grilled to order. The difference in ours was the 8 oz. Top Sirloin ($19) was richer in flavour, while the 7 oz. Filet Mignon ($29) was much more tender and juicy. The Salt-Baked Potato is fine, but the vegetables — carrots, brussel sprouts and green beans are absolute perfection.

Calling Quinn's a "steakhouse," with the raucous crowd at the bar and Shopsy's right through the open doorway is a stretch.

Calling it okay is not.

Crying over spilled milk
Kim Kardashian cried over her breasts when she started puberty. She said: "I was the first girl in my class to wear a bra. I remember crying in the bathtub. All my friends were super-skinny," she told Shape magazine. METRO NEWS SERVICES

Celebrity Buzz

Bronx was bonked in a bumper bender

AT LEAST HIS RIDICULOUS NAME REMAINS INTACT Pete Wentz and Ashlee Simpson-Wentz's son was in a car accident Tuesday, female-first.co.uk reports.

Bronx was in the vehicle with his nanny when the incident took place in Los Angeles' Coldwater Canyon, but was luckily not injured.

The couple's representative said: "It was a minor fender-bender, and everyone is fine."

It is still unknown what caused the accident, but the Lexus SUV the nanny was driving was left damaged on the front left side. Several hours after the accident, 31-year-old Wentz posted a message to his fans on his Twitter page thanking them for their tweets of support.

He wrote: "Thanks you guys for your concern. No one was hurt in the car accident and bx is currently back to building forts and hiding dads cell phone."

METRO NEWS SERVICES

Theron ain't a fan

OBVIOUSLY THE LADY HAS NO TASTE Charlize Theron might not be the biggest Robert Downey Jr. fan.

The actress was spotted attending a late-night screening of Iron Man 2 in Hollywood recently with a male friend. And while they sat in the back of the balcony, sources still noticed them slip out well before the movie was over, according to People magazine.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

KYLIE MINOGUE isn't looking to change careers just now, **OMAR EPPS** is making drink recommendations, and **MICHAEL IAN BLACK** wants to clear something up.

@kylieminogue I don't think I will never make a magician!!! :(hahaa @omarepps Attention tweeple...Iced tea & cranberry juice is the official beverage of the summer!Adults, same ingredients add alcohol:-) @michaelianblack I misspoke when I said I was the first person to land on the moon.

METRO NEWS SERVICES

Jackson wants visitors

MAYBE MICHAEL TOLD LA TOYA Michael Jackson's brother wants fans to be able to visit his grave, female-first.co.uk reports.

Randy Jackson is hoping to allow people into the private mausoleum in California's Forest Lawn Memorial Park to mark the anniversary of his death next month.

He tweeted: "I'm meeting with Forest Lawn and the City of Glendale. Although they have strict rules, I'll do my best 2 see if fans can visit & pay their respects beyond the gates of Forest Lawn, on the 25th. I will inform you all soon. (sic)"

The area where Jackson — who died of acute Propofol intoxication aged 50 on June 25, 2009 — is buried is normally off limits to non-family members and Randy's intentions have infuriated the families of other people laid to rest there.

Legendary actor Clark Gable's grandson, Clark Gable III, told gossip website TMZ the mausoleum "wouldn't be as sacred" if just anyone could go inside.

Recently, Jackson's ex-wife Lisa Marie Presley appealed to fans to send silk sunflowers to the cemetery to brighten up the singer's final resting place.

The brunette star wrote on her website: "Greetings MJ Fans. While visiting him a few days ago at Forest Lawn, Riley and I couldn't help but notice that, while there are a few bouquets, candles and gifts there is a very large empty space around him and in front of him that could use a whole lot more.

"I know how much he loved and appreciated being showered with gifts and flowers by his fans, I thought if whoever wants to buy just one silk sunflower each and sent it, the whole area around him and in front of him (As well as the two large empty vases that sit on either side of him) could be filled up in no time, which would be much more appropriate than what the current status is right now."

METRO NEWS SERVICES

GETTY IMAGES

What ho, a wagon!

IT BE TIME TO HOP BACK ON ONCE MORE, MY LORD Jonathan Rhys Meyers is headed to rehab for a fourth time, and he's hoping this visit is the last.

"He just really wants to get better. This has been an ongoing battle for him," a source tells People magazine of the star who was reportedly banned from a morning United Airlines flight last week for being drunk and disorderly.

According to the Daily Mirror, longtime girlfriend Reena Hammer is behind his latest rehab sting.

She reportedly told him, "Check in to rehab or I'm dumping you," sources say.

"She told him to get serious counseling for his drinking and anger problems or else she will be taking a hike — out of his life."

METRO WORLD NEWS

Children and Jimmy Choos

FINDING BALANCE IN STILETTOS AND SANDBOXES Sarah Jessica Parker admits motherhood has been taking its toll on her.

"I don't have a beauty secret," Parker says, according to Hollyscoop.

"I feel old and tired. I have children I run round after, I try to walk as much as possible, and other than that I buy every cream possible.

"I love beautiful clothes and am privileged enough to have access to a lot of them, but they're returned the next day. They're not mine."

But, she insists, she isn't complaining.

"Having my boy and now the twins, life is delightful," she says.

METRO WORLD NEWS

Two are down one property

THERE ARE PLENTY MORE WHERE THAT CAME FROM Mary-Kate and Ashley Olsen have finally unloaded the downtown NYC penthouse they've had on the market for five years, according to the New York Post.

The property was purchased six years ago for $7.3 million U.S. when the billionaire twins needed housing close to New York University.

Though they were at one point asking $11.995 million for it, an unidentified hedge fund manager picked it up for $8.45 million. The Olsen twins now primarily spend their time in California.

METRO WORLD NEWS

The Weather Network TWN incorporates MSC data

Today Sunny 28° / 14°

Friday Partly cloudy 25° / 15°

Saturday Rain 22° / 15°

PROUD TO BE ONE OF CANADA'S 50 BEST MANAGED COMPANIES.

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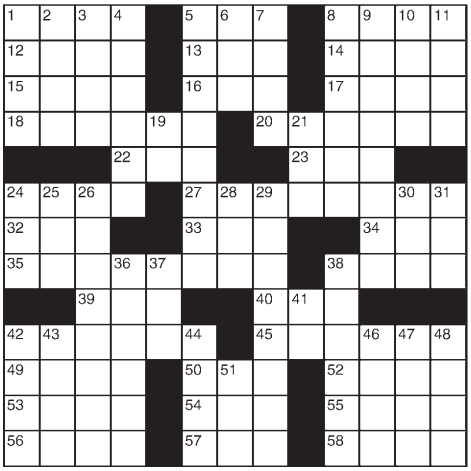


ACROSS

1 Dilbert's workplace
5 "Eee-www!"
8 1960s Secretary of State Dean
12 Verve
13 Born
14 Initial chip
15 Multinational money
16 Atlantic st.
17 June 6, 1944
18 Nebraska river
20 Needlenose tool
22 Rocky peak
23 Rowing need
24 "Hi, sailor"
27 Teemed
32 Cleric's title (Abbr.)
33 Head of st.
34 "— the ramparts ..."
35 Opening night
38 In pre-swan mode
39 Snitch
40 Spinning speed (Abbr.)
42 24-Down, e.g.
45 Zero
49 Manhandle
50 Greek vowel
52 "The Music Man" setting
53 Shrek is one
54 In medias —
55 Coral structure
56 Progeny
57 Bumped into
58 Formerly, formerly

DOWN

1 Profound
2 Hebrew month
3 Detective novelist Paretsky
4 Difficult to solve
5 Too young
6 "Golly!"
7 Aid
8 Angular measure
9 Likely loser
10 Celebrity
11 Organ array
19 — and fro
21 "Skip to My —"
24 Dadaist Jean
25 That girl
26 Medley that starts a musical
28 Bklyn., e.g.
29 Cloudy
30 Conger, for one
31 Towel off
36 Sent, in a way
37 "— mpossible"
38 Diamond decider
41 3.1416
42 Andy's pal
43 Anger
44 Four years in the White House
46 Gardener, at times
47 Rams fans?
48 Sawyer's carrier
51 Ball-bearing item

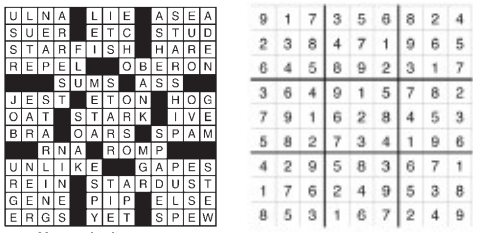
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			7	5				4
8						6	1	7
		4					5	
			6	7				8
	4		2		3		9	
3				8	5			
	1					3		
4	9	3						6
2				6	9			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



9	1	7	3	5	6	8	2	4
2	3	8	4	7	1	9	6	5
6	4	5	8	9	2	3	1	7
3	6	4	9	1	5	7	8	2
7	9	1	6	2	8	4	5	3
5	8	2	7	3	4	1	9	6
4	2	9	5	8	3	6	7	1
1	7	6	2	4	9	5	3	8
8	5	3	1	6	7	2	4	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Chicken and Spinach Soup

Recipe submitted by Susan Thomas
Photo: Lisa Sembaliuk
PREP TIME: 20 MINUTES
COOK TIME: 20 MINUTES

INGREDIENTS:
1 lb chicken, cooked
10 oz fresh spinach
1/4 cup cream cheese
1 small onion, chopped
1 cup carrots, chopped
1 tbsp olive oil
2 cloves garlic, diced
3 cup chicken broth
salt and pepper to taste

METHOD:
1 Put olive oil, onion, and garlic in medium saucepan. Sauté until onions are soft, about 7 minutes.

2 Add spinach. Once the spinach has cooked, add the chicken, chicken broth and carrots. Simmer for approximately 10-15 minutes.

3 Stir in cream cheese, salt and pepper and serve.

SERVES 5

• *Try this recipe with Rosemary Oven-Roasted Potato Chips or Grilled Summer Pizza with Goat Cheese. Find the recipes at 20minutesupperclub.com/metro.*

20 minute SUPPER CLUB

20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at **20minute supperclub.com.**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You may not be able to explain why you think certain things are going to happen but don't ignore that little voice inside your head.

TAURUS ♉
APRIL 21-MAY 21
This will be a pleasant day for you, the kind of day when everything falls into place and life is fun no matter what you are doing. But don't do too much.

GEMINI ♊
MAY 22-JUNE 21
You need peace of mind, and the best way to get it is to stop worrying about how much you own or earn. Focus on the things that really matter.

CANCER ♋
JUNE 22-JULY 22
Whatever you are most passionate about in life, that is what you should be doing right now. Free the creative side of your nature.

LEO ♌
JULY 23-AUG 23
Don't pay too much attention to what others are saying — they will most likely try to distract you from doing things that they don't agree with.

VIRGO ♍
AUG 24-SEPT 22
What is happening in your life may be part of the grand cosmic plan but you must not use that as an excuse to ignore your responsibilities.

LIBRA ♎
SEPT 23-OCT 23
Current aspects suggest that your respect for a certain individual is based on emotion rather than logic.

SCORPIO ♏
OCT 24-NOV 22
Start something new today, something you have been thinking about for weeks if not months but never quite got around to.

SAGITTARIUS ♐
NOV 23-DEC 21
It may seem as if others are trying to keep things from you, and maybe they are, but don't make a fuss.

CAPRICORN ♑
DEC 22-JAN 20
With love planet Venus moving into the relationship area of your chart today you will be flavour of the month with most people.

AQUARIUS ♒
JAN 21-FEB 18
If you find yourself being nudged in a new direction you are advised to relax and let it happen.

PISCES ♓
FEB 19-MARCH 20
With Venus moving into the most passionate area of your chart today chances are you will go overboard in your affections, and why not?

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2010 ELANTRA L

SELLING PRICE
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WHICH MEANS YOU PAY
$13,530♦
DELIVERY, DESTINATION & FEES INCL. PLUS GST & PST.

WITH **0%** PURCHASE FINANCING FOR **60** MOS.◊

CITY: 7.8L/100 KM.†
HWY: 5.6L/100 KM.†

Limited model shown

WHY PAY MORE? Honda Civic DX: MSRP $15,990 | Toyota Corolla CE: MSRP $15,460

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GL Sport model shown

SELLING PRICE
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WHICH MEANS YOU PAY
$11,530♦
DELIVERY, DESTINATION & FEES INCL. PLUS GST & PST.

WITH **0%** PURCHASE FINANCING FOR **60** MOS.◊

CITY: 7.2L/100 KM.†
HWY: 5.7L/100 KM.†

WHY PAY MORE? Honda Fit DX: MSRP $14,480 | Toyota Yaris 3 Dr. CE: MSRP $13,620

2010 ELANTRA TOURING L

GLS Sport model shown

SELLING PRICE
$13,999♦

WHICH MEANS YOU PAY
$15,530♦
DELIVERY, DESTINATION & FEES INCL. PLUS GST & PST.

WITH **0%** PURCHASE FINANCING FOR **48** MOS.◊

CITY: 8.7L/100 KM.†
HWY: 6.5L/100 KM.†
*Based on automatic model

WHY PAY MORE? Mazda 3 Sport GX: MSRP $16,995 | Toyota Matrix FWD: MSRP $16,665

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2010 SANTA FE GL 2.4L

Limited model shown

NEW SELLING PRICE
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WHICH MEANS YOU PAY
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WITH **0%** PURCHASE FINANCING FOR **60** MOS.◊

CITY: 10.2L/100 KM.†
HWY: 7.2L/100 KM.†
*Based on automatic model

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GRADUATE REBATE PROGRAM

"The Hyundai names, logos, product names, feature names, images and slogans are trade marks owned by Hyundai Auto Canada Corp. "2010 FIFA World Cup™" South Africa Official Partner copyright © 2010 Hyundai Motor Company. All rights reserved. ♦Prices for models shown: 2010 Elantra Limited is $22,580/2010 Accent 3Dr GL Sport 5-speed is $16,280/2010 Elantra Touring GLS Sport is $23,430/2010 Santa Fe Limited is $37,735. Dealer participation of $500 for 2010 Accent L 3Dr/$500 for Elantra L is included. Delivery and Destination charges of $1,495 for 2010 Elantra/$1,495 for 2010 Accent/$1,495 for 2010 Elantra Touring/$1,760 for 2010 Santa Fe. fees, levies, charges and all applicable taxes (excluding PST and GST) are included. Registration, insurance and license fees are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ◊Purchase financing available O.A.C. from Hyundai Financial Services on 2010 Elantra /2010 Accent 3Dr /2010 Elantra Touring/2010 Santa Fe models with a finance rate of 0%/0%/0%/0% for 60/60/48/60 month terms. Financing example: 2010 Accent L 3Dr 5-speed for $11,530 at 0% per annum equals $192.17 per month for 60 months for a total obligation of $11,530. Cash price is $11,530. Example price includes Delivery and Destination charges of $1,495. fees, levies, charges and all applicable taxes (excluding PST and GST) are included. Registration, insurance and license fees are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ◊Purchase financing available O.A.C. from Hyundai Financial Services on 2010 Elantra /2010 Accent 3Dr /2010 Elantra Touring/2010 Santa Fe models with a finance rate of 0%/0%/0%/0% for 60/60/48/60 month terms. Financing example: 2010 Accent L 3Dr 5-speed for $11,530 at 0% per annum equals $192.17 per month for 60 months for a total obligation of $11,530. Cash price is $11,530. Example price includes Delivery and Destination charges of $1,495. fees, levies, charges and all applicable taxes (excluding PST and GST) are included. Registration, insurance and license fees are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ◊Purchase financing available O.A.C. from Hyundai Financial Services on 2010 Elantra /2010 Accent 3Dr /2010 Elantra Touring/2010 Santa Fe models with a finance rate of 0%/0%/0%/0% for 60/60/48/60 month terms. Financing example: 2010 Accent L 3Dr 5-speed for $11,530 at 0% per annum equals $192.17 per month for 60 months for a total obligation of $11,530. Cash price is $11,530. ♦/◊Offers available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. †MSRP for Honda Civic DX and Honda Fit DX is available on the Honda.ca website as of April 26th, 2010. MSRP for Toyota Corolla CE, Toyota Yaris 3Dr. CE and Toyota Matrix FWD is available on the Toyota.ca website as of April 26th, 2010. MSRP for Mazda 3 Sport GX is available on the mazda.ca website as of April 26th, 2010. Actual fuel consumption may vary from the MSRP. †Fuel consumption for 2010 Elantra L 5-speed (HWY: 5.6L/100KM; CITY: 7.8L/100KM); 2010 Accent 3Dr. L 5-speed (HWY: 5.7L/100KM; CITY: 7.2L/100KM); 2010 Elantra Touring Limited (HWY: 6.5L/100KM; CITY: 8.7L/100KM); 2010 Santa Fe GL 2.4L automatic (HWY: 7.2L/100KM; CITY: 10.2L/100KM) are based on Energuide fuel consumption ratings. Fuel economy figures are used for comparison purposes only. Actual fuel consumption will vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. Asee your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

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